

THE NATIONAL COLLEGIATE  
ATHLETIC ASSOCIATION

FORMERLY

THE INTERCOLLEGIATE ATHLETIC  
ASSOCIATION OF THE UNITED STATES

PROCEEDINGS OF THE  
SEVENTH ANNUAL CONVENTION  
HELD AT  
NEW YORK CITY, NEW YORK,  
DECEMBER 27, 1912

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PROCEEDINGS OF THE SEVENTH ANNUAL CON-  
VENTION OF THE NATIONAL COLLEGIATE  
ATHLETIC ASSOCIATION, DECEMBER  
27, 1912.

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1913.

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 U. S. Indian School, Carlisle, Pa., M. Friedman, Superintendent.

## PROCEEDINGS.

The Seventh Annual Convention of the National Collegiate Athletic Association met, pursuant to the call of the executive committee, at Hotel Astor, New York City, Friday, December 27, 1912, at 10 a.m.

The secretary announced the resignation of Major Palmer E. Pierce, U. S. A., President of the association, on account of absence from the country on duty; and the death last June of the Vice-President, Professor H. W. Johnston, of Indiana University.

The Association accepted the nomination, by the executive committee, of Dean LeBaron R. Briggs, of Harvard University, as chairman of the convention.

Doctor C. Ward Crampton, secretary of the Public Schools Athletic League, addressed the association briefly on the work of the league, and invited the members to attend the athletic meet to be held in New York City on Saturday, December 28. On motion of Professor G. W. Ehler, the thanks of the Association were extended to Doctor Crampton for his address and for his generosity in providing tickets for the meet.

The roll was called, and the following were recorded in attendance:

1. Accredited delegates representing institutions duly enrolled as members of the Association:

Director R. T. Abercrombie, Johns Hopkins University.  
 Mr. L. A. Allen, Hartford Public High School.  
 Professor J. A. Babbitt, Haverford College.  
 Lieutenant Geo. W. Beavers, New York Military Academy.  
 Professor Louis Bevier, Jr., Rutgers College.  
 Professor S. W. Beyer, Iowa State College.  
 Professor C. E. Bolser, Dartmouth College.  
 Professor C. L. Brewer, University of Missouri.  
 Dean L. B. R. Briggs, Harvard University.  
 Director A. W. Brown, Grinnell College.  
 Mr. John T. Brosnan, Manhattan College.  
 Director Frank Castleman, University of Colorado.  
 Dean R. S. Colwell, Denison University.  
 Professor J. E. Cutler, Western Reserve University.  
 Mr. J. A. Davis, Pratt Institute.  
 Professor D. W. Draper, Franklin and Marshall College.  
 Professor G. W. Ehler, University of Wisconsin.  
 Professor C. S. Hicks, Massachusetts Agricultural College.  
 Professor A. E. Hill, New York University.  
 President T. E. Hodges, West Virginia University.  
 Mr. Telfair Hodgson, University of the South.  
 Professor F. J. Holzworth, Syracuse University.  
 Professor E. C. Huntington, Colgate University.  
 Director L. F. Kirchner, Washington and Jefferson College.  
 Professor W. A. Lambeth, University of Virginia.  
 Professor G. H. Lamson, Connecticut Agricultural College.



Professor S. B. Linhart, University of Pittsburgh.  
 Director J. H. McCulloch, Carnegie Institute of Technology.  
 Doctor J. H. McCurdy, International Y. M. C. A. College.  
 Professor R. Tait McKenzie, University of Pennsylvania.  
 Professor F. W. Marvel, Brown University.  
 Professor C. L. Maxcy, Williams College.  
 Doctor G. L. Meylan, Columbia University.  
 Doctor J. Naismith, University of Kansas.  
 Professor F. W. Nicolson, Wesleyan University.  
 Professor Howard Opdyke, Union College.  
 Doctor P. S. Page, Phillips Andover Academy.  
 Professor S. C. Palmer, Swarthmore College.  
 Professor P. C. Phillips, Amherst College.  
 Director Lory Prentiss, Lawrenceville School.  
 Director J. B. Price, Ursinus College.  
 Director R. D. Purinton, Bates College.  
 Professor H. R. Reiter, Lehigh University.  
 Professor D. B. Reed, University of Chicago.  
 Professor W. C. Riddick, North Carolina College of Agriculture and  
 Mechanic Arts.  
 Professor J. F. Royster, University of North Carolina.  
 Professor C. W. Savage, Oberlin College.  
 Dean D. C. Schaffner, Kansas College Athletic Conference.  
 Professor A. G. Smith, State University of Iowa.  
 Professor E. L. Smith, Delaware College.  
 Mr. R. H. Smith, Pennsylvania State College.  
 Director E. O. Stiehm, University of Nebraska.  
 Professor T. A. Storey, College of the City of New York.  
 Professor T. R. VanHorn, Case School of Applied Science.  
 Director G. S. Warner, Carlisle Indian School.  
 Doctor H. L. Williams, University of Minnesota.  
 Professor H. S. Wingert, Ohio State University.  
 Dean F. G. Wren, Tufts College.

2. Visiting delegates from institutions not members of the Association, and additional visiting delegates from institutions represented by accredited delegates:

Mr. Waldo Adler, University of the South.  
 Mr. G. B. Affleck, International Y. M. C. A. College.  
 Professor R. A. Campbell, Elon College.  
 Mr. G. H. Chapman, Massachusetts Agricultural College.  
 Mr. W. W. Cumberland, Occidental College.  
 Major M. F. Davis, New York Military Academy.  
 President H. S. Drinker, Lehigh University.  
 Professor Edgar Fauver, Wesleyan University.  
 Doctor J. S. Ferguson, University of Maine.  
 Mr. H. A. Fisher, Columbia University.  
 Professor R. L. Fisher, Middlebury College.  
 Mr. W. F. Garcelon, Harvard University.  
 Doctor J. L. L. Jones, Heidelberg University.  
 Director W. J. McAvoy, Delaware College.  
 Mr. C. H. Mapes, Columbia University.  
 Director C. S. Miller, University of Pittsburgh.  
 Director J. L. Roth, Swarthmore College.  
 Director L. W. St. John, Ohio State University.  
 Doctor W. L. Savage, Carnegie Institute of Technology.  
 Mr. E. O. Smith, Connecticut Agricultural College.

Mr. M. S. Stedman, Syracuse University.  
 Mr. J. L. Stewart, Lehigh University.  
 Professor F. W. Stone, University of Vermont.  
 Mr. M. J. Thompson, Mt. St. Mary's College.  
 Professor W. L. Wilson, Lehigh University.  
 Mr. A. E. Wood, Carnegie Institute of Technology.

### 3. Representatives of local Conferences and Associations:

Professor S. W. Beyer, Missouri Valley Conference.  
 Dean R. S. Colwell, Ohio Athletic Conference.  
 President W. M. Riggs, Southern Intercollegiate Athletic Association.  
 Professor A. G. Smith, Chicago Conference.

On recommendation of the executive committee, the following institutions, having applied for membership and paid their dues, were duly elected members of the Association:

Clemson College.  
 Drake University.  
 Johns Hopkins University.  
 Massachusetts Agricultural College.  
 Washington and Lee University.

The following were elected associate members:

Hartford Public High School.  
 Lawrenceville School.  
 New York Military Academy.

The chairman, Dean Briggs, made a brief address on the subject of "The Standards of Sport in Colleges." His remarks may be summarized as follows:

Young people are inclined to get their standards of ethics where they get their standards of skill, and the result is not beneficial. We hear from what regions the modern fashionable dances come; we know from what forms of the drama young people in college and out are inclined to get material for their plays; and we know that in the manners and morals of baseball, as well as in the skill of baseball, students are likely to have in mind as models the recognized kings of the game. This leads to certain practices which are no more inherent in baseball than in billiards, but which the public have come to look upon as a part of the game—"yapping," illegal coaching, illegal "blocking," etc., etc.—things that are not good sportsmanship, things that we cannot afford to let our students do, and yet things that boys who have absorbed their notions of baseball from the professional field and from the newspaper reports are sure to practise if they are not unusually sensitive and are not directed wisely.

The following papers were then presented:

"The Proper Control of College Athletics," Professor W. L. Dudley, of Vanderbilt University. (See page 38.)



"Athletic Training," Doctor George L. Meylan, of Columbia University. (See page 45.)

The secretary presented a report, which will be found on page 58. The Association voted to refer this paper to the executive committee with instructions to report at the next meeting any recommendations they deem desirable, based upon the recommendations of the secretary.

The chairman appointed as a committee on credentials:

Professor Frank W. Nicolson, of Wesleyan University, secretary, and Doctor George L. Meylan, of Columbia University.

The chairman appointed the following nominating committee:

Professor C. L. Maxcy, Williams College; Professor Louis Bevier, Jr., Rutgers College; Professor W. C. Riddick, North Carolina College of Agriculture and the Mechanic Arts; Mr. Telfair Hodgson, University of the South; Professor C. W. Savage, Oberlin College; Professor S. W. Beyer, Iowa State College; and Director Frank Castleman, University of Colorado.

#### AFTERNOON SESSION.

The Association reassembled at 2.00 p.m.

The committee on credentials reported that proper papers, or other evidence, in the cases of all the accredited delegates in the foregoing list had been presented.

The treasurer presented his annual report, audited by Director Frank Castleman, showing a balance on hand of \$814.24. The report was accepted.

#### REPORTS FROM DISTRICTS.

Reports were received from the district representatives as follows:

##### FIRST DISTRICT.

WILLIAM F. GARCELON, HARVARD UNIVERSITY.

There is an increased interest in athletics in New England. There is an improvement in administration, particularly in the preparatory schools. Largely through the influence of the colleges there has been great progress in good sportsmanship. The increased activity of the faculty in schools and colleges has prevented many unnecessary dissensions.

##### Football.

The rules have given general satisfaction. There have been fewer injuries than usual, partly due to the rules, partly due to

better feeling between players of rival teams, and partly due to the greater care given to the training and protection of players. There have been few incidents where rough play has created comment. Not the least interesting feature of the season was the visit of the Oak Park High School team of Chicago for a game with the Everett High School team at Boston. The western style of play, including many double, triple and quadruple passes, and much open play, triumphed over the closer formations of the Everett team, and opened up to coaches, players, and spectators the possibilities of the game under present rules.

##### Cross Country Running.

Many schools and colleges throughout New England have taken up cross country running during the past year. The only danger will come from lack of proper training, although most of the institutions have instructors qualified to condition men.

##### Basket Ball.

A few schools and colleges still play basket ball.

##### Hockey.

The fact that hockey rinks can be built and maintained at small expense has encouraged many institutions to take up hockey. Interest in the game has doubled, and it is now the most popular winter sport in Northern New England. Many Canadian teams played in Boston last winter, and only one or two of them were victors.

##### Track Athletics.

This branch of sport has heretofore attracted comparatively few spectators. The Olympic try-outs held in the Stadium last June attracted about 15,000 people. Their pleasure and surprise at the character and quality of the contests has stimulated interest very generally in this branch of sport.

##### Tennis.

There is evidence of a great revival in tennis.

##### Soccer Football.

The interest in soccer has spread wonderfully. Several colleges have taken up the game; most of the preparatory schools are playing it, and it has been introduced more largely than ever before into the public high and grammar schools. The Sunday papers give from one to three columns to reports of the games. During the past fall the report of the director of



athletics in the Boston public schools states that 7,265 boys took part in the game. In the small Boston high schools the game was substituted for the regular football.

### *Rowing.*

There is an increased interest in rowing. Exeter has taken up the sport, and last year had a race with Middlesex School. The University of Maine is preparing to introduce it.

### *Baseball.*

The behavior of teams on the field during the last year was much better than heretofore. There was less of the so-called "yapping" by the players on the field. A little more publicity, putting forth the opposition to this annoying custom, should almost eliminate it. From a sportsman's standpoint perhaps the worst evil connected with the game is the direction of the game by coaches on the bench. When a player at the bat keeps one eye on the ball and the other on the coach, and when every detail of the game is directed by signals from the coach, it seems to many that a college game is not a game between the boys from two colleges, but rather between two coaches. Some agreement should be reached between the colleges providing for the removal of everyone but the players from the players' bench, and for the complete direction of the game by the undergraduate captains. Two high-minded coaches of two school teams exiled themselves recently to a position out beyond the center fielder, which would seem to eliminate much opportunity for directing the game by signal.

Sooner or later the question of the relations between the Amateur Athletic Union and the colleges is bound to arise. There are many high-minded men interested in the work of the Amateur Athletic Union, and such an organization is a necessity. The line of demarcation between the authority of the Union, and the exclusive authority of the colleges, is very indistinct. There has been, and will continue to be, much friction between local authorities of the Amateur Athletic Union and college athletes until the authority of the Union is more definitely defined, and better understood. The remedy seems to be for more college men to take an interest in the Union, and to assist in framing rules that will not impose foolish restrictions upon competition by college men.

The New England Association of Colleges for Conference on Athletics has continued its good work. Notwithstanding the occasional friction between students of the colleges, the fact that members of the faculty and graduates are in touch with each other, through meeting at the local Conference and at this Asso-

ciation, has prevented any serious difficulties, and much undesirable publicity.

### SECOND DISTRICT.

DR. WATSON L. SAVAGE, CARNEGIE INSTITUTE OF TECHNOLOGY.

Your representative in this district has attended five meetings during the year, one in New York, to which all the colleges in the district were invited, one in Philadelphia for colleges in eastern Pennsylvania, and three in Pittsburgh for colleges in western Pennsylvania and West Virginia.

At all of the conferences the principal theme was fewer and simpler rules leading to honesty in athletics, and the object aimed at was practical application of the rules rather than theoretical ideals impossible of enforcement.

The following subjects were discussed at some length in the general meeting: (1) What emoluments, if any, may be received by a college student for athletic activity; that is, scholarship, free tuition, room, training, board, etc? (2) Would receiving any or all of these debar him from competition under the A. A. U.? No vote was taken on either of these questions.

At the Philadelphia meeting fourteen colleges were represented, and the following rules were agreed upon: A limit of four years in athletic competition; a residence of one year before being permitted to take part in sports; playing one intercollegiate game in any kind of sport to be counted as one year's participation against the four-year limit; a student must pursue a full course of study and maintain satisfactory standing. The colleges did not agree on any rule concerning summer baseball, but voted to accept the recommendation of the national association in favor of building up an amateur spirit.

At the western Pennsylvania conferences, the following rules were adopted: Four years' participation only in athletics; playing in any part of any game after the first two in football, basket ball, or baseball to be considered participation for a year; must be in attendance twenty-four weeks in order to compete the following year; eleven hours of work must be pursued with satisfactory standing.

As to summer baseball, it was voted that no record be required from candidates of their athletic history from June 15 to September 15 of each year, which is practically permitting summer baseball except under the national agreement. The pre-season training rule was stricken out. The conference went still further in three important respects. (1) It was agreed that free tuition should not debar a man from the team or make him a professional. (2) A referee was appointed with power to decide on questions with regard to infraction of these rules, to determine penalties,



and to award championships. (3) Five colleges (with two doubtful) agreed to the rules and also agreed to schedule no games in the district with colleges not in the conference; this act to take effect at once, except on basket ball games already scheduled.

For the purpose of more efficiency in work, I would like to recommend the formation of small conferences, composed of from six to twelve colleges, geographically situated. To bring this about, I would recommend that a representative in each district where there is no conference be appointed to undertake the organization of the same.

#### THIRD DISTRICT.

PROFESSOR A. H. PATTERSON, UNIVERSITY OF NORTH CAROLINA.

The report from the third district this year is brief, though the year has been an important one in athletics. Twenty-five of the larger and more important colleges of the South, scattered from North Carolina to Texas, are members of the Southern Intercollegiate Athletic Association, a strong and healthy league which has been doing good work for eighteen years. No changes of importance were made in its rules at its recent convention in New Orleans. Between the territory covered by this Association, and that covered by the Northern and Western leagues or conferences, lie the states of North Carolina, Virginia, Maryland, and West Virginia, containing some of the most important of the southern colleges. A questionnaire sent out two years ago by the writer developed the fact that the athletic rules of these colleges vary greatly—all the way from no rules at all, or somewhat nebulous references to "the amateur rule," or "*bona fide* students," to firm and strong regulations equal to those found at the best institutions of the country. Several efforts have been made in the past to bring these colleges into an association for the purpose of adopting more uniform rules, but these efforts have failed until last spring, when the South Atlantic Intercollegiate Athletic Association was organized, with Mr. J. T. England, of Baltimore, as president, and the following colleges as members: Johns Hopkins, Georgetown, Virginia Polytechnic Institute, Richmond College, Washington and Lee, the University of North Carolina, and the North Carolina A. and M. College. The purpose of the Association is stated to be the stimulation of all forms of athletics, especially track and field games, and it puts itself on record from the start as being opposed to all professionalism in college sports. The first track meet of the Association was held in Baltimore in April last, and proved a decided success. It is hoped that the Association has started on a useful career, and that it will succeed in improving the athletic conditions in this section. The past season has seen an unusual num-

ber of good football teams developed in this part of the South. Among these should be mentioned the teams of the Naval Academy, Georgetown, Virginia, Vanderbilt, Georgia, and the Alabama Polytechnic Institute. The new rules seem to have given general satisfaction, and no fatalities are reported from this district, so far as I am aware.

#### FOURTH DISTRICT.

PROFESSOR NATHAN P. STAUFFER, UNIVERSITY OF MISSISSIPPI.

Owing to my European trip, which caused an extended absence from the district, I had expected the regular report to be delivered by my successor, Dr. Purdue. In his absence I have the honor to report that the year 1912 has been one of progress in all branches of Southern athletics.

1. The National Collegiate Association's influence has spread and its ideals are gaining adherents.

2. The Southern Intercollegiate Athletic Association has grown larger and wielded a greater influence for the enforcement of eligibility rules. Applications are annually made by many aspiring colleges. It is the largest single association within the ranks of the national association, comprising over twenty colleges operating all sports under one set of rules.

3. The interest in football has increased, as evidenced by more colleges and high schools participating. Basket ball has grown very rapidly, and soccer, although a baby, is coming in for its share of attention. Track sports are hindered by the lack of college cinder paths.

4. Football has proven a satisfactory, safe game with no known college fatalities and very few injuries.

5. Baseball playing on professional teams has diminished, but not entirely ceased. The great difficulty is to get evidence against the offenders, as many of the boys shield their fellow players and will not testify publicly against others.

6. The meetings of college teams from widely separated sections of the South and East have done much to bring a broader view of sportsmanship and friendliness, and there is a general desire to live up to the rules. It is to be hoped that all the colleges south of the Mason and Dixon line will enroll under the banner and play teams of the Southern Intercollegiate Athletic Association.

#### FIFTH DISTRICT.

PROFESSOR H. SHINDLE WINGERT, OHIO STATE UNIVERSITY.

In rearranging the districts, at the last annual meeting of this association, the states of Ohio, Indiana, Illinois, Michigan, Wis-



consin, Minnesota, and North Dakota were placed in the fifth district.

Reports recently received from the various colleges and universities in these states by your representative show that in every state there is a constant, sincere effort being made on the part of those in charge of intercollegiate athletics for better things; and as a result there has been a continued, steady, definite growth among students, alumni, faculty, and the general public, in the development of amateur sport and of intercollegiate athletic courtesy.

Perhaps in no other district of this national organization is the work better organized or the situation more encouraging than in the colleges and universities of this section. No doubt this condition of affairs has been stimulated by the powerful influences of the so-called Chicago Intercollegiate Conference universities. At the present time, each state in this district has its own Intercollegiate Athletic Conference League or Association.

#### *The Chicago Intercollegiate Conference.*

The only change of any consequence made recently in the eligibility rules of the Chicago Intercollegiate Conference is the repeal of the "permit" feature of the summer baseball rule. Under this rule a student became ineligible for intercollegiate sports if he took part during the summer on any athletic team, unless he had received a written permit from the authorities of his home college before doing so. The reason for this permit was theoretically to furnish the college a history of the boy's location during the summer months. Many cases arose, however, where students, sometimes in ignorance of the rules, other times unable to secure a permit in time to play on a team where they had been invited to play within a day or so, became ineligible, and the grounds of ineligibility were only of a technical permit. For these reasons, the permit was omitted the last year. Hereafter, athletes may play on amateur teams without the permission in writing. Whether this will prove of advantage or not remains to be seen.

The Intercollegiate Conference has always been primarily a conference of faculty representatives. In fact, the conference was organized by college presidents as a faculty conference. For several years prior to 1912 there had been a feeling among certain of the conference colleges that schools like Wisconsin and Chicago, which sent as their representatives to the faculty conference their men in charge of physical training, had an advantage over the institutions that were represented by men not so closely in touch with technical athletics. It was felt that a danger was threatening the conference that the remaining schools would send physical trainers who were really nothing but coaches and

that as a result athletics would be emphasized from the standpoint of intercollegiate sport rather than the value of athletics to the university. Here in the Middle West there is a strong feeling that athletics should be subordinated to scholastic work, and that the correct way to maintain this is to have complete faculty control. As a result, the Intercollegiate Conference in 1912 passed a resolution that no man was eligible to represent his college in the conference who was in any way directly connected with the department of athletics and physical training. This means that the conference is strictly a faculty conference.

At the meeting of the conference in Chicago, November 30, 1912, the matter of inducements to athletes was covered in a very complete report adopted by the conference. The most important clause in these resolutions was the one to the effect that hereafter *no concessions*, such as program privileges, refreshment privileges, or gymnasium store, shall be given by the athletic authorities to students. A resolution was also passed that hereafter no coaches or trainers, in so far as can be prevented, shall enter into correspondence with athletes. It is the feeling of the conference that anything in the way of advertising matter may be sent to the students of the school as a class or to the members of the football team as a team, but that the colleges should not select one or two star athletes, and by sending complimentary tickets, college papers, etc., bring an undue pressure on these students to bring them to that university.

The Ohio State University was admitted to membership in this conference this year. Thus nine of the leading universities of the Middle West now form this conference.

#### *Ohio.*

In the state of Ohio there are eighteen different colleges and universities which employ coaches for various athletic teams and maintain intercollegiate schedules in the major sports. Twelve of these colleges are members of the Ohio Conference, and are governed by its rules. Seven of the twelve are members of this Association.

The Ohio Conference is strictly a faculty conference; its function is to legislate upon eligibility only. Its rules are almost identical with those of the Chicago Intercollegiate Conference ("Big Nine"), and in one or two cases are even more exacting. However, there have been two minor changes made this year: first (a temporary one), the one-year residence rule was suspended, for one year, for Kenyon College (a charter member of this conference), whose student-body was too small to maintain teams in the major sports unless first-year men were permitted to compete; second, students are not permitted to compete for athletic clubs during term time.



During the past year the Ohio State University made several important changes in administrative policy: first, by separating her department of athletics from that of physical education, and putting the department of athletics on a sound basis, with all-the-year-round coaches, and faculty control; second, by entering the Chicago Intercollegiate Conference.

Ohio has a State Intercollegiate Athletic Association also, which holds an annual track meet each year. The event is open to all colleges in the state that will compete under Ohio Conference rules. Last year, for the first time, the association adopted the track rules of this National Association.

#### *Indiana.*

The colleges of the state of Indiana are governed by the Indiana Collegiate Athletic League, whose membership is composed of eight of the leading colleges of the state, except Indiana, Purdue, and Notre Dame Universities; the first two are members of the Chicago Conference. There has been no radical change in the administration of athletics reported in any of the colleges of this state. The league, in addition to acting upon eligibility matters, holds an annual field and track meet, and is doing effective work.

#### *Illinois.*

Two progressive, enthusiastic organizations are flourishing in the state of Illinois. The Chicago Athletic Conference of the Middle West is the name of one, governing five of the colleges in the northern part of the state and southern Wisconsin. It is just closing its second year of existence. Its rules resemble those of the Ohio Conference somewhat, but they allow four years' participation. Another organization doing very effective work in this state is the Illinois Intercollegiate Athletic Association, which has eleven active members and a code of rules and regulations similar to those in force in the upper part of the state, with the exception that they allow academy students to participate.

Both these organizations, in addition to governing the eligibility of their students, conduct championship contests in a number of the major sports, maintain committees on statistics and publicity, and develop and furnish officials for the various games.

#### *Michigan.*

Eight of the minor colleges in Michigan are members of the Michigan Intercollegiate Athletic Association, and nearly all the colleges in this state, except two, observe the eligibility rules of the state association. Annual state championships are held in

track, baseball, and tennis. Intercollegiate athletic competition is reported as being conducted on a high plane in this state.

The University of Michigan is practically the only institution in the state that observes the one-year residence rule. Michigan Agricultural College and the University of Michigan this year adopted what is known as a blanket tax, every student being taxed \$5.00 for athletics each year.

#### *Wisconsin.*

The Intercollegiate Athletic Association of Wisconsin outlined its first constitution in Milwaukee, June, 1909. This constitution went into effect about one year later. There are eight colleges in the state outside of the University of Wisconsin which are eligible to membership; five of the eight are members. According to reports received, they are not, perhaps, quite as active as some of the other state organizations in this district, but are accomplishing good work. Their eligibility code resembles that of the Chicago Athletic Conference of the Middle West. Intramural and outdoor athletic sports have distinctly increased in interest and popularity this year.

#### *Minnesota and North Dakota.*

The membership of the Minnesota-Dakota Intercollegiate Athletic Conference may fairly be said to include all of the institutions of college rank in Minnesota and North and South Dakota (except the University of Minnesota). This organization revised its rules of eligibility and was put on a good permanent basis, December, 1911. The result has been a great improvement in all forms of intercollegiate athletic competition. The eligibility standards have been raised and a generous spirit of fair play and intercollegiate athletic courtesy is being established.

#### *General.*

In reply to a questionnaire sent out early in November to the minor colleges in this district, the general consensus of opinion was that the present football rules are satisfactory. No fatal accidents have been reported in this sport. Basket ball has increased in popularity in most of the institutions, and there has been little or no difficulty in handling it. An important question in many of the institutions in this district seems to be what shall be done with summer baseball. There has been little or no change in the situation relating to this sport. Most of the colleges allow their students to play under certain restrictions. Intramural and recreative outdoor games and sports seem to be increasing in popularity everywhere.



One of the most gratifying features of the situation in this district is the tendency of nearly all the state associations to unify the eligibility code. The rules are, with slight variation, the same in many of the states. Ohio, where the one-year residence rule is in force, is an exception.

It has been suggested by a number of minor colleges of the fifth district that this association appoint a committee to foster and stimulate intramural athletics and outdoor recreative games. As our National Association has been doing such excellent work with the competitive side of athletics, this may be a timely suggestion.

Lastly, I believe this association would be greatly strengthened by holding its annual meeting in alternate years in Chicago, or one of the large western cities; or by arranging a sectional meeting each year in the Middle West.

#### SIXTH DISTRICT.

DOCTOR J. NAISMITH, UNIVERSITY OF KANSAS.

The organization of the district has been completed since our last report. Each state has its own organization of the colleges in that state, having rules and eligibility requirements, and in the majority of cases conducting championship series. Each state except South Dakota is represented in the Missouri Valley Conference. Nebraska is represented by the State University; Kansas by the State University and the State Agricultural College; Iowa by the Iowa State College and Drake University; Missouri by the State University and Washington University.

These organizations are primarily for the purpose of unifying rules, conducting athletic contests, and deciding championships in their various fields. The effect has been to foster better spirit between the members and to give a wider view of the field of athletics.

Another organization has been formed in the Missouri Valley, viz., one for the study of those subjects relating to exercise and athletics, and called The Missouri Valley Society of the Directors of Physical Education in Colleges.

The principles of eligibility suggested by this association are well observed by the various organizations. In few cases are they less rigorous, while in many organizations they are much more stringent. Especially is this true as to the residence requirement. Most of them require a half-year's residence, while the Missouri Valley Conference requires a full year's residence and a full year's work before the student is eligible for any form of intercollegiate athletics.

The scholarship standard is high in the current work, as well as

in the work already accomplished. The influence of athletic regulations may be seen in the requirements now demanded by some of the Missouri Valley institutions that the scholarship standards be applied to all student activities.

Two excellent limitations have been in force: one in the number of games that an institution can schedule for a season, and a second, where the number of events in which an athlete may take part has been reduced to two at the most during any one school year. This has had the effect of limiting the time any one man may spend in athletics and gives an opportunity for a greater number of men to take part in some sort of intercollegiate sport.

As the major sports become more highly organized and require less attention, more attention is being devoted to the minor sports and thus new fields of athletic endeavor are being opened up. If athletics are good for the student, more men should have an opportunity to get the benefit of this form of education.

In the application of the amateur rule, the distinction made between professional participation and unintentional or youthful violation of a rule has been of great service in clearing up the injustice that was frequently done to some young man who had been anxious to help his home team. In the Missouri Valley Conference there is a more friendly attitude toward the spirit of amateurism and a more open avowal of the conditions which were formerly covered up. This has, in many cases, resulted in a frank avowal of ineligibility with an acceptance of the consequences, instead of an attempt to hide the true conditions and play under false pretenses.

There has been on the whole general satisfaction with the rules of the past season. The only objection has been that, in the case of football, the element of chance is still so prominent in the forward pass, that it brings in an element of uncertainty at all stages of the game.

The basket ball rules have been, on the whole, satisfactory and any interpretations or changes that have been suggested are along the line of more open play. Once the possibilities of the open game are seen, there is no desire to return to the playing of the opponent.

The true test of athletic superiority—namely, sportsmanship—is being developed rapidly in the district. This is true of the attitude of coaches and managers to each other, and is also seen in the attitude of the players during the games. The sentiment of fair play for the opposing team and courteous treatment of visitors is rapidly permeating the whole student body, until it seems as if in the near future athletics will serve the true purpose of developing the individual and, at the same time, make the institutions realize that there is something greater in the college world than the mere winning of an athletic contest.



## SEVENTH DISTRICT.

PROFESSOR HUGO BEZDEK, UNIVERSITY OF ARKANSAS.

It is indeed a genuine pleasure and honor to be able to present a report, since the redistricting of the territories, on the seventh district, the Southwest, as a unit. We have been struggling for several years to receive recognition of these states as distinct and separate from those touched by the Missouri Valley Conference, and those incorporated by the Southern Intercollegiate Athletic Association. Our purpose evidently has been accomplished, and a large measure of this realization is due to the work of this association.

The athletic situation in the outlying states, namely, New Mexico and Arizona, is in the primitive form, as far as can be learned, lacking central organization. There is no conference or association of the institutions of collegiate rank of the two states, but each school appears as a free lance, following its own course and device. The lack of organization is due to some extent to the vast distances to be traveled, but mainly to the facts that the institutions as yet are young, not many in number, and interest as yet is not so highly developed that a cry or rather a need for central organization has arisen. The individual schools, however, are endeavoring to foster and promote athletics along the right lines. This undoubtedly is due to the influence of the directors whose training has been in some of our large northern universities. The scholarship rule seems to be about the only definite athletic law in force. The passing of a required number of hours without any special grade is general. Information regarding other features is lacking. Still it is evident that modern thought in collegiate athletics will be firmly established in the institutions of these two states within the near future. In passing, it may be of interest to the Convention to learn that some of the schools do not play football in the fall, but basket ball; track in the winter months; and baseball in the spring. Further, eyes are toward the West, California, rather than to any place East.

Collegiate athletics in Texas, Oklahoma, and Arkansas are on a firm and well-defined basis. It is true that all the finer details of athletic law are not in vogue, but the true standards and right ideals are established and carried out. In some features, one state may outstrip the other, but in the main a good balance is struck and they meet one another upon an equal basis. All three states have the following general laws and concepts governed by local conditions in their athletics: scholarship, amateurism, four-year competition, residence, one-year residence after transfer from another college, and faculty control. This shows a tre-

mendous advancement within the last four years. The last statement can be more readily appreciated from the fact that three years ago college athletes were allowed to play summer baseball in organized professional leagues of class "D" rank. Of course the other concepts naturally followed, until today the only general law not in practice is the freshman residence rule. Even this law, however, has a good chance of being adopted within two or three years. At present the institutions recognize this rule when playing schools wherein this is established. The shaking off of barbaric athletic conditions in these states resulted in further advancement, namely, central organizations. Consequently today each of the above states has a state athletic organization.

Texas boasts of a Texas Intercollegiate Athletic Association, containing nine members, all schools of collegiate rank. This association has control of all collegiate athletics in Texas and does the work of similar organizations elsewhere. It embodies about the same athletic laws previously mentioned. Some of its members, however, go further. The State University, for instance, requires of freshmen thirty days of residence before being allowed in intercollegiate games; also it has abolished the training table. The State A. and M. College has reached out and enrolled in the South Intercollegiate Athletic Association and of course plays under its colors.

Oklahoma also has a state organization including not only the institutions of collegiate rank but also all of the state normal schools. This last addition gives that association a wider scope in state athletics. This association has done considerable pioneer work in organizing and governing its state athletics and has reached the stage where most of the aforementioned concepts have been adopted. The State University and the A. and M. College, as in Texas, are the leaders and great rivals for athletic honors.

The state organization of Arkansas is somewhat unique. It has two departments, namely, the collegiate and the preparatory. The former contains all the institutions of collegiate rank, except the State University, and the latter includes all the high schools and academies of the state which care to pay a membership fee of one dollar to enroll. Necessarily the association has a large membership and a wide influence. It issues a monthly bulletin of all the interesting athletic news within and outside of the state; and through this medium also keeps its members informed regarding new rules and details of all games. It also enforces the general athletic concepts above mentioned. The State University is a free lance. It is not a member of the state association because its members proclaim it too strong for competition and that it would ultimately destroy the interest in the organization. Conse-



quently the University must abide its time and wait until the colleges grow in strength.

Three years ago an effort was made by the writer to organize a Southwest Conference of Texas, Oklahoma, and Arkansas. But the effort failed. Evidently the plan was premature. This year the plan is revived and shows good signs of real life. If the scheme works out and the Southwest becomes solidified by such an organization, there can be no question but that collegiate athletics in this territory will receive a new impetus to a stronger and healthier growth.

#### EIGHTH DISTRICT.

DIRECTOR FRANK R. CASTLEMAN, UNIVERSITY OF COLORADO.

The eighth district comprises all the states west of the Dakotas, Nebraska, Kansas, and Texas. In this section we find something over forty colleges in all stages of development. The enrollment in these schools reaches about 30,000 students.

An inquiry was sent to forty of the schools of this section and answers were received from nineteen. From this it appears that an average of 60 per cent of the students take part in some form of athletics, and about 25 per cent take part in intercollegiate sport or try for intercollegiate teams. Five colleges allow no summer baseball, one has no restrictions whatever, the others allow it if restricted to teams of the so-called "semi-professional" or amateur type.

Faculty control is practically universal. There are, however, instances of a passive faculty interest.

There were no deaths reported in college football from this section. One death of a high school player is reported and was caused in the following manner. A player receiving and running back a punt collided head on with the tackler, the carrier of the ball receiving a fractured skull which resulted in his death the following day. Two broken legs, one received in line plunge and one in an open tackle in a class game; two shoulder injuries such as the clavical attachments being torn from the scapula; one fractured skull received in an open field tackle; two broken collar bones; one broken cervical vertebra—these constitute the injuries received in this part of the country the past season.

The rules are generally satisfactory. Following are some of the answers received to question asking for any proposed change: (1) do away with the forward pass or the fourth down inside the fifteen yard line; (2) allow any man to play back field so long as there are seven men on the line; (3) increase the penalty for the forward pass touching the ground behind the line of scrimmage; (4) have a separate timekeeper; (5) cut out trial

at goal after touchdown; (6) bring back the onside kick; (7) permit the forward pass to be recovered after touching the ground if it first touches a defensive man or a man eligible to receive it; (8) eliminate the forward pass entirely; (9) clear up the wording of the present rules and make no changes.

#### REPORT OF QUESTIONNAIRE.

The secretary read a summary of replies received to the annual questionnaire on the subjects: (1) eligibility; (2) training; (3) physical exercise; (4) finances. The replies in detail will be published in the form of a Supplement to these Proceedings.

#### COMMITTEE REPORTS.

##### I. REPORT OF THE FOOTBALL RULES COMMITTEE.

Your committee, appointed at the last meeting of this association, again amalgamated with the old rules committee, with which it worked in complete harmony and accord in preparing the rules for the past year. A number of quite radical changes were decided upon, all of which proved most fortunate, and I have no hesitation in expressing the conviction that the rules of 1912 made possible the best game of football ever played by the American colleges.

The proper adjustment of the balance between offense and defense, with a maintenance of just the right equilibrium between these forces, has always been a serious problem. For several years back the advantage has proved to be rather on the side of the defense, and it has been well recognized that as the goal line was approached the defense became stronger through the drawing up of the defensive backs to the support of the line, so that the scoring of touchdowns by equally balanced teams—or even where one team was evidently superior to the other—was exceedingly difficult. Moreover, the opportunity for the display of skillful generalship and football strategy was decidedly limited under former rules. As a team was required to advance ten yards in three attempts or surrender the ball, it came about in actual play that the quarterback really found himself compelled to make ten yards in two plays. For if some distance remained to be gained on a third down, he usually preferred to kick rather than take the chances of losing the ball, and a forward pass on a third down was usually regarded as a risky expedient. Again, if any ground was lost in some one play, or



if a fumble occurred, the chance of gaining enough ground to make the required distance and continue the advance toward the goal until a score should result was almost surely lost. It naturally followed that plays affording brilliant opportunities of gains, but involving also some risk of loss, were tried with hesitation, and rather uninteresting kicking contests became too frequently the rule. The superior team was often unable to demonstrate its superiority by the score, and the luck of the game was a decided factor. It was with the hope of improving these conditions that the principal changes introduced during the past year were made. Four attempts in which to advance the requisite ten yards were allowed instead of three. It was apprehended that this might tend to bring about a return to the old line-plunging game and an abandonment of the open style of play, but this proved not to be true among teams that have demonstrated scoring ability when competing with those of approximately equal calibre. This change was undoubtedly one of the most important and beneficial that has been incorporated since the ten yards rule was first introduced.

To prevent the defensive backs from being drawn up to the support of the line as the goal was approached, it was decided to establish a zone of ten yards behind the goal line, into which forward passes might be made, and to compensate for this practical lengthening of the field of play the distance between the goals was shortened ten yards. This change also proved most admirable and served just the purpose for which it was intended. It also resulted in many brilliant and most interesting scores. It was felt that the twenty yard zone limit for forward passes was an arbitrary and unnecessary regulation involving many technicalities in the rules. Accordingly this zone was abolished and the length of the pass made unlimited. This has proved in every way satisfactory, and has made it possible to dispense with the services of one of the officials, the field judge.

Another important change was the elimination of the on-side kick. This was abolished for three reasons—first, because with the other changes already introduced it was thought that the advantage of the attack over the defense might be too great; second, because there is decided danger of injury to a defensive back in attempting to secure the ball after it has struck the ground in the face of oncoming rushers who are on-side, and, third, because there is a too decided element of chance and luck in the play, since no one can possibly determine the direction in which a football will bound when it strikes the ground. The change in this rule also has proved a great boon to the game. A few other minor technical alterations were also introduced and the rules as a whole made much more concise and intelligible, while the penalties have been rendered more uniform. The

dangers under the present game have certainly been reduced to a minimum.

Every year now since the formation of this Association, which you will recollect had its inception in a general dissatisfaction over the rules of football, the playing code has been subjected to constant change by the committee in an endeavor to bring about the best game possible. It must be admitted that an annual change in the game is most unfortunate, both from the standpoint of the players and the public. The development of the possibilities of the attack under such a system is most seriously handicapped. No sooner do the players, officials, and spectators begin to master the game under a given set of rules than a change is made requiring a revision of the play.

But now, at last, we seem to have a game that is most satisfactory, popular alike among players, spectators, and coaches, where the balance between attack and defense is nicely adjusted, where a team that is properly instructed and properly directed upon the field of play ought always to be able to score unless outclassed, and where the team of superior ability and superior skill almost invariably wins.

As ever, some discontents are still advocating more changes. It would certainly seem wise to allow the game, which has proved itself during the last season so eminently satisfactory, to remain as it is for a few years, so that the full possibility of the rules as they now stand may be worked out and developed, and players, officials, and public alike become masters of its intricacies.

HENRY L. WILLIAMS, *Chairman.*

## II. REPORT ON FOOTBALL FATALITIES AMONG COLLEGE MEN, SEASON OF 1912.

Professor G. W. Ehler, chairman, reported that careful investigation had failed to discover any fatalities to report for the season. This gratifying statement was received with much satisfaction by the delegates.

## III. REPORT OF THE CENTRAL BOARD ON OFFICIALS.

A most strenuous season of active work is the report your representative has to make, as far as he is concerned, as chairman of the central board. After the reappointing of the members of the board for another year, plans were put in motion for the further development of the work of appointments of officials. A meeting was held in April at the Hotel Walton, which was generously attended by the managers and coaches from the



Eastern Section. At this meeting a hearty endorsement of the work of the central board was received, and more power given to the board than ever before. As a consequence of this, arrangements were made for the preliminary appointment, by the board, of officials of the Maine State League, and at a meeting held June 1, the officials for the ten largest games were chosen, these games including Harvard-Yale, Yale-Princeton, Pennsylvania-Michigan, Pennsylvania-Cornell, Princeton-Harvard, and others, and these were definitely determined upon, in conjunction with the central board. These appointments remained fixed for the season without change. This consummation had hardly been conceived possible in the early history of the board. This left the fall season, with its preliminary appointments, open to chairman and secretary for more careful attention to detailed games this year than ever before. The latter part of September a meeting was held, first, with coaches relative to officials, second, with the officials themselves, with an attendance estimated at over two hundred. The board, through its secretary, has put in a strenuous fall season, which took an increased amount of labor, as it covered the smaller games. Below is a copy of the statements, given by the secretary, showing the scope of work.

Number of college letters received.....	372
Number of college letters answered.....	309
	781
Number of official letters received.....	521
Number of official letters answered.....	135
	656
Number of change notices to colleges.....	85
Number of change notices to officials.....	40
	131
Additional correspondence relative to preparing schedules and lists.....	133
Number of telegrams to both colleges and officials, about .....	725
Time covered by central board work .....	4 months
Approximate number of full working days....	83

#### Data on Schedules.

Number of colleges in schedule.....	49
Additional colleges using service.....	35
Schools using service.....	23
Western section using service.....	6
Freshman teams using service.....	4
Southern colleges using service.....	4
Number of college games appointed.....	253
Number of colleges.....	21
Number of school dates.....	8
Number of school games appointed.....	37
Number of freshman team games appointed....	7

#### Data on Appointments.

Total final college appointments.....	672
Total final school and freshman appointments..	95
	767
Total number of substitutions..	132
Total number of appointments.....	899
Number of officials used.....	287
Maximum number of appointments for one official .....	13

#### Data as to Fees.

Highest fee .....	\$100.00
Lowest fee .....	10.00
Number of games using highest fee.....	7
Grading of fees:	
Larger colleges:	
Minimum .....	25.00
Maximum .....	100.00
Secondary colleges:	
Minimum .....	15.00
Maximum .....	30.00
Small colleges:	
Minimum .....	10.00
Maximum .....	25.00
School fees:	
Minimum .....	5.00
Maximum .....	20.00

#### Data as to Lists.

Total number on Central list.....	355
Number added over last year.....	37
Number dropped .....	14
Number dropping out afterwards.....	28
Number having limitations.....	49
No limitations .....	189
Number not informed about.....	69
New applications .....	49
Men not on list used .....	15
Number on Southern list.....	34
Number on Colored list.....	4
Number on Western list.....	100
Number on Missouri list.....	100

#### Total on all lists

1151

Difficulties contended with are:

First, refusal of officials on account of fee, which usually occurs in the official of not the strongest type.

Second, the failure of the colleges and coaches to hand in an adequate and prompt preliminary list, ending later in protest of appointments.

Third, the decisions as to the action of the board in case of charges against officials and charges of officials against colleges

Fourth, the handling of the question of side line coaching.



Fifth, the handling of cases of newspaper notoriety brought about by action of colleges aggrieved by loss of game.

Sixth, adjudging value of institution protests as to knowledge of game and official efficiency.

Seventh, in two or three cases, double or incorrect appointments which, in the large list, have crept in.

We have several plans to overcome these difficulties.

The increased amount of work almost requires an office and an office force, and the board has given an unlimited amount of service with no compensation.

This report is given in full, as the magnitude of work requires it.

JAMES A. BABBITT, *Chairman*.

#### IV. REPORT OF THE BASKET BALL RULES COMMITTEE.

The committee was enlarged last year by the addition of two new members: Dr. L. J. Cooke of the University of Minnesota, representing the Chicago Conference; and Mr. L. W. St. John of Ohio State University, representing the Ohio Conference.

The Rule Book this year is larger, more comprehensive, and more generally useful than it has been in the past, although the other books have been of a high standard.

The condition of the game throughout the country is generally very satisfactory. The changes in the rules have been observed and put into effect with excellent results. The improvement in the East has been slower and less marked than elsewhere. This is due to the influence of the professional game which is played by many of the high school teams, and to the inability of the committee to induce some of the coaches to teach the game according to the spirit and letter of the rules. This results in the continuation of the old close-guarding game in which the emphasis is placed upon playing the man and not the ball, which occasions a good many fouls and a slower game.

The difference in the type of game which is played by the teams in the Chicago, Ohio, and Missouri Valley Conferences and the Eastern intercollegiate teams, is indicated by a study of the scores made in a series of games last year by representative teams in the East and in the West. The team that won the Eastern intercollegiate championship last year made only 46 per cent of its total score by field goals, while the team which won the Chicago Conference championship scored 86 per cent of its points by goals from the field. These figures show clearly, what is known to be the fact, that the style of game played in the East is generally characterized by closer guarding, more personal contact, and, consequently, a larger number of free throws and a slower game.

Only a few changes were made in the rules at the last meeting. These changes placed the emphasis upon securing a clean, open game, upon lessening the tendency toward roughness, and upon a strict administration of the rules governing personal fouls. The principal changes are as follows:

(1) The rule requiring the players to be numbered helps the spectators as well as the officials, and lessens the chances of mistake in scoring personal fouls.

(2) The interference, in any way which involves personal contact, with the progress of a player who has not the ball, is termed blocking.

(3) The time which a player may consume in making a free throw is limited to ten seconds after the official puts the ball on the free-throw line.

(4) The rules emphasize the necessity for a strict observance of the rule governing the disqualification of a player who has four personal fouls.

The appointment of officials by a special committee of the basket ball league, or by mutual agreement at conferences held before the opening of the season, has prevented a good many misunderstandings which frequently arose under the old system of appointing officials. Further than this, officials that are doing good work are accorded the heartiest support of the committee, and poor officials are weeded out.

Conferences for the discussion of the rules by members of the Rules Committee, coaches, officials, and players, were held during the past autumn at Columbus, Mo., Minneapolis, Minn., Chicago, Ill., Cleveland and Columbus, Ohio, and New York City. It is planned to hold a similar conference at Kansas City at which a game will be played to furnish a basis for the discussion.

The committee asks for coöperation and support in its effort to clean up the game and to put it in a position where its real values as an indoor team game can be more fully realized.

It should be recognized that basket ball cannot be played satisfactorily and with good results on small and obstructed floors. It would be much better to drop the game entirely where such conditions exist until such a time as a floor or dirt area of sufficient size is available.

When it is played under proper conditions, with good coaching and officiating, basket ball is one of the most valuable indoor games that we have.

JOSEPH E. RAYCROFT, *Chairman*.

#### V. REPORT OF THE COMMITTEE ON TRACK RULES.

Professor F. W. Marvel, on behalf of the committee, reported progress.



# VI. REPORT OF THE COMMITTEE ON THE INFLUENCE OF COLLEGE ATHLETICS ON PREPARATORY SCHOOLS.

Professor Louis Bevier, Jr., chairman, on behalf of the committee, reported progress.

# VII. REPORT OF THE COMMITTEE ON ASSOCIATION FOOTBALL.

As the result of the efforts of the committee, appointed by the National Collegiate Athletic Association, to look into and determine the standing of association football among the colleges and preparatory schools of this country, with the idea of securing for it a more firmly recognized place in the calendar of sports, the following conclusions have been arrived at from answers to letters sent to all schools and colleges belonging to this association, and all others of importance which are not members.

First: To date the main soccer activity seems to be in or near New York City, Philadelphia, and Boston, and somewhat among the Middle Western colleges and schools. Among other points where interest in the game is steadily growing are Pennsylvania State College, George School, Pa., International Y. M. C. A. College at Springfield, Mass., and Franklin and Marshall College, Lancaster, Pa.

The game has been introduced for the first time this year, in many cases; a list of these embraces a wide range of states, both in the North and South, as well as in the East and Middle West.

In general, the position at present of the game, from a collegiate standpoint, necessarily taking in all sections of the country, does not seem to be very encouraging. Progress is slow, due in many cases to lack of proper facilities, small number of eligible men, and lack of financial support.

Second: The schools and colleges which have taken up soccer football have done so, in part, as an aid to physical education, it being, in many cases, compulsory for first and second year men, and in interclass games. In some cases, where English players of the game are found in the vicinity, as, for instance, near large mill districts, matches have been arranged and played with beneficial results.

As before stated, many reports show lack of proper facilities—mainly inability to secure grounds for play. It is well to note in conjunction with this, however, that many new athletic fields are in course of construction among the different institutions, which will doubtless afford room for future expansion along this line.

There is, as regards schedules, some trouble, inasmuch as the other football has such a strong hold on both players and spectators; and in the small colleges, where a limited number of men

turn out, the soccer teams are sure to suffer somewhat, particularly in the early part of the season, previous to Thanksgiving Day.

Third: The history of the game seems to have been in the majority of cases of very recent making, and due to the efforts of one or more men working individually, rather than to any far-reaching wave of enthusiasm. As stated above, in many instances the game has been introduced as part of compulsory outdoor exercise, in conjunction with gymnastics, etc., and it is to be taken up this or next year, in this same connection, by a far larger proportion of institutions.

Fourth: A large number of names of individuals, in different sections, interested in the present and future of the game, has been compiled, and will be available when needed by the committee.

Fifth: As regards games, officials' lists, and coaches available for respective teams, little was learned. This, however, from the secretary's experience with the other game, may well be left to take care of itself.

Sixth: As regards soccer missionary work at important collegiate and scholastic meetings, with the idea of making the game more widely known and played, several plans have been considered. Though nothing definite has been thus far evolved, the matter is receiving a good deal of attention. Coaches must first be secured, who will spread their enthusiasm for the game to spectators as well as players. The result of the schools taking up the game will be found in collegiate leagues, which will be developed of necessity later on.

The main strength of soccer at present is in the Eastern Inter-collegiate Soccer Association, embracing Harvard, Yale, Cornell, Columbia, Haverford, and Pennsylvania. Since the organization of the association, several years ago, the teams have improved steadily in play, and the number and enthusiasm of spectators grows annually. Columbia University has shown great interest in the game, and it is recognized financially and otherwise there as a prominent sport. Though Yale won the Championship Cup for the 1911 and 1912 season, the game there is somewhat handicapped by lack of grounds, and is still in the position of a minor sport. Harvard University is responsible, through Mr. Garcelon, for a great growth of soccer enthusiasts in that section. Cornell University does not as yet consider the game as a major sport, but interest in soccer holds its own under adverse climatic conditions, and is increasing.

At Haverford and Pennsylvania soccer has for several years past been on a firm basis. The game has become a major sport at the former, and bids fair soon to do so at the latter. There are sometimes as many as twenty games of soccer in progress



between teams of the Cricket Club League, Intercollegiate League, and various other amateur and professional organizations in and about Philadelphia on Saturday afternoons during the fall and winter.

Besides sending letters for information to the various schools and colleges as mentioned above, the committee has met twice, in Philadelphia in June, and in New York City in September. At these meetings several others interested in the work of this committee were present, and Mr. George Orton, Mr. Stewart of the University of Pennsylvania, and Dr. J. E. Raycroft of Princeton were asked to lend their help to the committee in its work.

It has been decided to get out a Collegiate Soccer Rules Book, which Mr. Orton will edit, and with the placing of this book, free, among the schools and colleges, thus showing them what is being accomplished, and getting the interest of the public more centered on the game, a bright future is virtually assured. Indeed it seems only a matter of a few more seasons before soccer will take its place as a recognized major sport, receiving its just share of attention in the intercollegiate and interscholastic world.

JAMES A. BABBITT, *Chairman.*

#### VIII. REPORT OF THE COMMITTEE ON AMATEURISM.

Former committees on the amateur law have reported to this body most ably and comprehensively on "Summer Baseball and the Amateur Clause," "The Nature, Function and Place of Athletics," and "The Foundation of Amateurism," and recommended certain laws based on the principles elucidated. The present committee was appointed not for the purpose of traversing the same ground covered by previous committees but, in view of the rather acute stage in the amateur problem which had been reached a year ago, to make a statement covering the situation as it now appears.

The distinction between amateur and professional in athletics is no new thing. It long has been recognized that the amateur and the professional spirit in competitive play are directly antagonistic and that whenever the professional spirit has entered into the conduct of any sport, the nature of the sport has been completely changed, its ethical and moral values have disappeared, and its results have become such in some instances as to place it under the ban of the law of the state. Every organization for the control of one form or another of athletic sport expresses this fact in the rules today.

The acute controversy which culminated a year ago arose not from anything new in the law or the principle behind the law, but was a perfectly natural result growing out of a most remark-

able and rapid increase in the practice of athletic events of every character that has been coincident during the last eight years with the rise of the national playground movement, and the changed emphasis from gymnastics to athletics in educational institutions of every grade, and the promotion of the idea that the moral and ethical values of competitive play are of greater import than the deciding of championships.

Among those who demand a liberalizing of the amateur law are some who place winning above playing. Others are unwilling to meet the administrative difficulties involved in maintaining the amateur standard. In the discussion in a certain meeting of college representatives, each objection to raising the standard in one respect or another was based usually upon one or the other of the following statements: "That would take away some of my best men," or "I could not get them to do that in my school." However, very much of the opposition to the law as it stands comes from those with whom the law has fallen into disrepute because of the manner in which various parts of it have been enforced.

There is little difficulty in securing agreement as to certain unquestionable amateur standards on the one hand and outright professionalism on the other. But between these two rather clearly distinguished grades lies a considerable "twilight zone" within which the application of the law is not always simple or clear. Right here is to be found the chief source of most of the controversy.

The trouble here does not arise so much out of the difficulty of determining whether an actual violation of the *letter* of the law has occurred but whether there has been a violation of the *spirit* of the rule, with the consequent tendency to take the easier way and rule on the letter and ignore the spirit. This trouble has been further aggravated by the practice of protesting players guilty of technical infractions only. Beyond this has been the tendency of ruling athletic bodies and eligibility committees to class violations of the amateur law with "the unpardonable sin" and make suspensions practically permanent.

That there is no widespread demand for liberalizing the amateur law is the view of your committee. On the contrary, several events seem to indicate a tendency to uphold the present standards and to extend the benefits of coöperation to that end.

A proposition to abandon the amateur standard for an exclusively scholarship rule of eligibility was decisively defeated in the Chicago Conference and the proposition to legalize summer ball of the semi-professional type has now been reduced to the suggestion of a liberal method of administration.

The legalizing of summer ball by two groups of small colleges is traceable to the influence of summer baseball promoters and



the absence of real conviction as to the moral and ethical values of amateur athletics.

The meeting and discussion of the colleges of Pennsylvania last April was a distinct step in advance.

The reaffirmation of the amateur rule accompanied by a wiping of the slate of past offenses by the Missouri Valley Conference was another significant action.

The adoption by Yale of more stringent rules against the summer resort ball player in September was the most advanced step taken by any non-conference institution.

On the whole, your committee is of the opinion that the discussions of the past two years have materially cleared the air, awakened the conscience of the athletic world, and advanced the practice of athletics some steps nearer the amateur ideal. The recent history of professional sport has doubtless awakened many thoughtful men to the danger which professionalism threatens to all amateur sport.

We would reaffirm the definitions of the former committee:

1. "An amateur in athletics is one who enters and takes part in athletic contests purely in obedience to the play impulses or for the satisfaction of purely play motives and for the exercise, training, and social pleasures derived. The natural or primary attitude of mind and motives in play determines amateurism."

2. "A professional in athletics is one who enters or takes part in any athletic contest from any other motive than the satisfaction of pure play impulses or for the exercise, training, and social pleasures derived, or one who desires and secures from his skill or who accepts of spectators, partisan or other interest, any material or economic advantage or reward."

We recommend that all acts in violation of the amateur definition, when knowingly and willfully practiced, should render the athlete ineligible for further participation in amateur events.

But, in determining violations of the amateur law, a considerable latitude of discretion should be exercised by eligibility committees, and penalties should not be inflicted when it is obvious that the violation was not committed in a professional spirit.

The administration of the law should consider the student's age, his athletic information, athletic experience, condition of athletics in his neighborhood, the occasion and nature of the violation, and its frequency or extent. But in no case where a student clearly uses his athletic skill for material reward or gain should his act be condoned when willfully repeated in known violation of the law.

Many violations may be anticipated and prevented and a wholesome sentiment developed if college committees would follow the example of the University of Pennsylvania and other colleges in sending a letter to all probable candidates urging them to exer-

cise great care not to endanger their amateur standing by playing on professional or doubtful teams, and stating that each man will be examined by the committee when his name appears on the list of candidates and that his eligibility will be determined according to the findings of that examination. The student should be put upon his honor to state the facts of his athletic experience. The committee should interpret the rules and their application in each case. Committees should be in honor bound to make just and equitable determinations and in the spirit in which they would wish their competitors to act.

GEORGE W. EHLE, *Chairman.*

#### IX. REPORT OF THE COMMITTEE ON POSSIBLE AMALGAMATION WITH THE I. A. A. A. AND THE I. A. A. G. A.

The committee, after having conferred with representatives of the Intercollegiate Association of Amateur Athletes of America and the Intercollegiate Association of Amateur Gymnasts of America, find that there is no apparent need of a closer affiliation of these two bodies with the National Collegiate Athletic Association. The Intercollegiate Association of Amateur Athletes of America exists solely for the purpose of promoting the intercollegiate track games and the intercollegiate cross country run; the Intercollegiate Gymnastic Association exists for the purpose of holding an intercollegiate gymnastic meet. In neither case does the purpose of the association in any way conflict with the purpose of the National Collegiate Athletic Association, and as the members of the Intercollegiate Athletic Association and the Intercollegiate Gymnastic Association are, for the most part, also represented in the National Collegiate Athletic Association, a closer affiliation seems unnecessary. The committee, however, recommends that the National Collegiate Committee on Track Athletics meet representatives of the Intercollegiate Association of Amateur Athletes to discuss the question of uniform track rules, which the former committee has compiled.

PAUL WITHINGTON, *Chairman.*

#### MISCELLANEOUS BUSINESS.

On recommendation of the executive committee, it was voted to hold the next meeting Tuesday, December 30, 1913.

An informal vote on the question of holding the next meeting in Chicago instead of New York showed nineteen in favor of the change, twenty-six opposed.



On recommendation of the executive committee, the sum of \$250 was appropriated for the use of the secretary in conducting the affairs of his office during the next year.

The following were appointed a standing committee on association football, with power to add to their numbers:

W. F. Garcelon, Harvard University; J. A. Babbitt, Haverford College; R. Tait McKenzie, University of Pennsylvania; P. S. Page, Phillips Academy; James Naismith, University of Kansas; H. S. Wingert, Ohio State University; Frank Castleman, University of Colorado.

On motion of Professor H. S. Wingert, the chairman was authorized to appoint a committee of three on the encouragement of recreative intracollegiate sports.

On motion of Professor Paul C. Phillips, the chairman appointed as a committee to draft a letter to Major Pierce expressing the appreciation of the association of his services: Professor Paul C. Phillips, Professor Frank W. Nicolson, Doctor J. H. McCurdy.

A vote of thanks was extended to the management of the Hotel Astor for courtesies shown to the association.

#### APPOINTMENT OF RULES COMMITTEES.

On nomination of the executive committee, the following rules committees were appointed for 1913:

##### *Track Athletics.*

Professor F. W. Marvel, Brown University; Doctor W. A. Lambeth, University of Virginia; Director Frank Castleman, University of Colorado.

##### *Basket Ball.*

Doctor James Naismith, University of Kansas; Doctor J. E. Raycroft, Princeton University; Mr. Ralph Morgan, University of Pennsylvania; Mr. Harry A. Fisher, Columbia University; Mr. Oswald Tower, Williams College; Doctor H. J. Cooke, University of Minnesota; Director L. W. St. John, Ohio State University.

##### *Football.*

Mr. E. K. Hall, Dartmouth College; Doctor J. A. Babbitt, Haverford College; Lieutenant H. M. Nelly, U. S. Military Academy; Professor W. L. Dudley, Vanderbilt University; Professor C. W. Savage, Oberlin College; Doctor H. L. Williams, University of Minnesota; Professor S. C. Williams, Iowa State College.

The following instructions were given by the association to the football rules committee:

1. To communicate with the representatives of Yale, Princeton, Harvard, Pennsylvania, Cornell, Annapolis, and Chicago Universities, which constitute the committee that formed the football rules committee during 1905, and propose that the committees be amalgamated into one which shall formulate rules under which football shall be played during 1913. If this amalgamation be not accomplished, then the above named committee of seven of this association shall proceed to formulate rules under which football shall be played by the institutions enrolled as members.

2. To legislate so that the open game be continued, and the chance of fatalities minimized.

3. To endeavor to have the rules published in the spring.

#### EVENING SESSION.

The association reassembled at 8.00 p.m.

On motion of Professor Louis Bevier, Jr., the chairman was authorized to appoint a committee of three to consider what measures the association may take to rid college baseball of its objectionable features.

The evening was devoted to an informal discussion of two topics: (1) The relation of alumni to the management of college athletics; (2) "Summer ball." Among the speakers were Mr. Waldo Adler, of the University of the South; Mr. C. H. Mapes, of Columbia University; Professor C. E. Bolser, of Dartmouth College; Professor Harry Opdyke, of Union College; Professor Louis Bevier, Jr., of Rutgers College; Doctor George L. Meylan, of Columbia University; Professor G. W. Ehler, of the University of Wisconsin; Doctor J. E. Raycroft, of Princeton University; and Mr. J. M. Kane, of Amherst College.

On motion the convention adjourned to meet at the call of the executive committee.

FRANK W. NICOLSON, *Secretary.*



PAPERS PRESENTED AT THE SEVENTH ANNUAL  
CONVENTION OF THE NATIONAL COLLEGIATE  
ATHLETIC ASSOCIATION.

I. THE PROPER CONTROL OF ATHLETICS.

WILLIAM L. DUDLEY, PROFESSOR OF CHEMISTRY IN VANDERBILT  
UNIVERSITY, AND PRESIDENT OF THE SOUTHERN INTERCOL-  
LEGIATE ATHLETIC ASSOCIATION.

The title of this paper may seem somewhat presumptuous, and, therefore, it will be well at the outset to assure the delegates to this convention that it was selected for, and not by, the writer. However, it will serve our purpose as well as another when we understand that what I have to say on the subject is based entirely on my experience of eighteen years as president of the Southern Intercollegiate Athletic Association.

In order that laws may be effective, the sentiment of those governed must be largely in favor of them. There cannot be satisfactory administration of laws unless the administrators know that they have the support of the majority of those governed. This is trite and axiomatic, and yet so often do the makers of our laws—athletic, as well as civic and criminal—overlook this fact. Laws which do not express the firm conviction of the majority do more harm than good, because they lead to evasion, which is as immoral as violation. Disrespect for law is the curse of our country, and one great factor in this form of immorality has been the enactment of foolish and ill-advised laws.

Therefore, in many communities and in some sections of the country the struggle for clean athletics must begin with a campaign of education. Athletic reform cannot be accomplished at one stroke. It must be the result of growth, and in some places growth is slow, very slow indeed. In this campaign, as in education generally, the press is a most potent factor. One editor without sympathy for amateur sport can do more harm to the cause than dozens of men who, while thoroughly in favor of it, do not have the public as a forum. This campaign is not for the students alone, but for the alumni, for the faculty, and for the public.

In England this education is the growth of centuries. It began in mediæval times, "when knighthood was in flower," and has continued to the present. How often do we hear just criticism by foreigners of the athletic antecedents or unethical conduct of our representatives in international contests. Such criticism makes us ashamed, but we must not forget that our defects are due to defective early training, and can be over-

come only by developing a national amateur spirit, which may be a century or two in the making.

During the formative period of our nation our forefathers lost the spirit of sport-for-sport's-sake in the fierce struggle for existence—physical, social, and financial—which met them face to face on every hand. The spirit of courtesy gave way to the spirit of combat. Win, by fair means if you can; foul, if you must; but win, became our battle-cry.

We will discuss the control of athletics under two heads, namely, faculty control and association control. They are both essential for the best results. Neither control alone is satisfactory. The faculty *must* have the active support of a virile intercollegiate association; while the association is almost helpless unless it has the active aid and coöperation of a sympathetic, vigorous, and courageous faculty.

*Faculty Control.*

Before the campaign for clean amateur sport is begun in any college there are questions which the faculty must definitely settle. The first is: "Do we believe that we do our duty if we permit our students to win at any cost?" That is, if we permit them to conduct their athletics without the advice and control of the faculty. Secondly, "Do we believe that it is our duty to teach our students morals, practical as well as theoretical?" And thirdly, "Do we believe that our students should be taught honesty in every activity of college life, including, of course, even athletics?" These questions seem absurd, and yet it is amazing to find many professors in college who do not care how athletics are conducted. They do not wish to be annoyed with the consideration of the subject. I have known institutions in which the majority of a faculty will vote to sustain the athletic management when they know that dishonest methods have been, and are at the time being, practiced. However, the questions above suggested must be answered in the affirmative by a substantial majority of the faculty before there is any hope for clean and decent athletics in any institution.

The athletic field is one of the greatest laboratories in an institution of learning for developing personal honor, self-control, and courtesy. If these elements of character are not taught in college, where can a boy expect to learn them? The weakest part of our educational system is to be found here. The system that fails to inculcate these things in every possible way is worse than failure. It is a menace. I have known young men to be guilty of dishonorable dealings in after life because their sense of honor was warped by the dishonest methods practiced in college athletics. Preaching does little good. Youth needs demonstration and practical application. The laboratory method must

be used on him. He knows that he must not steal money, but it never occurs to his untutored mind that he must not steal a game, or even the baseball after his team has lost the contest. He knows that he must not willfully maim a man on the street, but he does not realize that it is equally wrong to do so on the football field. Unfortunately, public sentiment in the college community frequently commends him for so doing, and members of the faculty sometimes condone it and even praise the offender, instead of condemning it and punishing him. Here is lost an opportunity to give a lesson in morals and honor which would make a lasting impression on possibly thousands of youthful minds, and on some not so youthful, but equally lacking in moral discrimination.

The coach has more influence in college for good or ill than any other instructor and, therefore, his selection is of the greatest importance. The selection should be made by the faculty, through a committee, after the character of the candidates has been thoroughly investigated. More weight should be given to character than to anything else. He must be a clean man in every way. He must be a firm believer in fair play, honest methods, and amateur sport. There can be no clean sport with an unclean coach. As is the coach, so are the coached. We may go farther and say, as is the coach, so will be the student body.

For these reasons alone the selection of instructors in the "athletic laboratory" should be more carefully made than the selection of those in any other department of the college, because the instruction in other lines is by no means so far-reaching, nor so vital to character.

Our educational system is largely responsible for our public morals, because it has done little or nothing to instruct our students in this important matter. Most of our educational institutions make no serious effort to have clean sport, and yet faculties ought to know that athletics occupy the major portion of the student mind, however loath they are to admit it. The lessons which the student gets through this tremendous activity under the instruction of a dishonest or immoral coach are such as would be expected from the slums and commons. The unfair and unclean tactics carried directly from the athletic field are put in practice in the battles of everyday life.

The faculty committee has more responsibility than most college committees and it should be selected with the greatest care. The members of it should be broad-minded men who are even-tempered and not subject to "brain storms." They should not be athletic directors, but men who are interested in sport for sport's sake and also in the human side of the student. Men with nervous temperaments have no business on the athletic committee. Such men are very partisan and unreasonable, especially

when the eligibility of a good player is in question. They are a menace to intercollegiate sportsmanship. Men of judicial temperament are desired. A prejudiced, flighty, and hot-headed man on this committee can do great harm to the cause of clean sport. I have known persons with the best intentions in the world who will throw the whole student body into turmoil over some erroneous contention. These men usually talk freely, and often their opinions have great weight with students because they are generally enthusiasts when interested in athletics.

While a general committee on athletics which has the management of games, etc., may be composed of a judicious selection of faculty, alumni, and student members, this committee should have nothing to do with the eligibility of the players. No students nor alumni should be on the eligibility committee, which should be composed entirely of faculty members.

The faculty regulation which does more for wholesome amateur sport than any other is a rule demanding good scholarship of athletes, who should be given tests at least once a month, and if any member of the team falls behind in his studies he should be immediately removed from the squad. Some may contend that this regulation is too severe, and might remove an indispensable man just on the eve of some big game. Experience has shown that such a rule more often works the other way and saves the man, especially if the athletes understand that the rule is applied certainly and impartially. Why should a man who is failing in his work be allowed to continue to take part in athletics? Does he come to college for education or for athletics? Are we doing right in permitting him to continue in athletics when his record shows that he should devote the time consumed in sport to his other duties? His failure indicates that he should apply more time to his studies, and it is the duty of the faculty to insist that he do so, or leave college. He should not be permitted to continue in athletics until he gets hopelessly behind. This is unfair to the student and to his parents. Here is an opportunity to teach him, and the student body, a valuable lesson in obligation and duty which should not be lost.

The result of the scholarship requirement is not to remove good athletes from the teams, but to make better athletes for them. It will get rid of many ringers and athletic loafers who constitute a demoralizing element, and the sooner this is done the better. It will save many an athlete for the college who would otherwise become discouraged and withdraw, or be required by the faculty to leave on account of general worthlessness. Many a young man will be saved for a good academic career by such a rule. The scholarship rule instils into the mind of the athlete more self-respect; it makes of him a better man, and consequently a better athlete. The athlete who never "quits"



is the one who does his best in everything. The team that "fights" to the last ditch is never composed of "ringers," professionals, loafers, or scholastic indigents. To college men of any of these classes, patriotism and loyalty are unknown elements of character.

Many colleges are engaged in the business of making professionals unconsciously, and sometimes even consciously, through scholarships and self-help bureaus. These subtle influences salve the conscience of many an athletic committee. I have almost come to the conclusion that the only way to get rid of this kind of professionalism is to prohibit any student who has a scholarship, or receives aid of any kind, from participation in intercollegiate athletics. Sometimes the honored head of the institution, who may make the appointments to these benefices, sees a remarkably large number of "worthy and needy young men" among the athletes. If these men were excluded from intercollegiate sport, he who appoints them would not have his vision so often clouded. Certainly the scholarships should not be awarded by any student, alumni, or athletic committee. If an athlete is working his way through college, his occupation should be carefully investigated by the faculty athletic committee, which should see that the work he does is commensurate with the pay he receives. Self-help bureaus are frequently for the especial benefit of athletes and are only another way of hiring players. This is fraud, pure and simple, and should not be tolerated for an instant in any decent community. The effect is vicious in every way and the final outcome is bad morals and bad athletics. Men who get things for nothing rarely have the true spirit. A company of patriots is worth a regiment of mercenaries. This is an axiom which seems difficult for some people to comprehend.

#### *Association Control.*

Membership in an association which does not exercise some control over the eligibility of players means little. Suggested rules of eligibility and annual meetings to discuss the evils which have crept into intercollegiate sport have a certain educational value, and this is all. Even if certain eligibility rules are made a condition precedent to membership, it means little unless the association has some means of administering and enforcing the rules. People will agree to do almost anything, but aggressive action is difficult to obtain. In many instances the delegate to the convention, after having approved resolutions and possibly fought hard for them, returns home with the feeling that he has done his duty and aided in accomplishing great things, while at his college athletics will be allowed to move along in the same old disreputable way. He seems to think that law is made for the other institution but not for his. We are thankful that this is not true in all cases, but we know that it is true in too many.

The fundamental association rule for college sport must be the amateur rule. The line must be sharply drawn between the amateur and the professional. These two classes of athletes cannot exist together. They are as incompatible as oil and water. There can be no college sport if professional athletes are permitted on the teams. They kill all college spirit and destroy competition. Thus they take away from the student body one of the greatest benefits of intercollegiate sport. I take it that it is not worth while to discuss this trite phase of the subject. The real question is: "How can we rid ourselves of professionalism?" The only way to do so effectually, without eternal vigilance, is to cultivate a high sense of honor among the students. This, in my judgment, our educational system has failed signally to do. I do not believe it can ever be done until the "Honor System" in examinations has been thoroughly established throughout the country. My experience is that most of our students will, as a rule, tell the truth concerning their athletic history if asked specific questions; therefore, it is of great importance that each applicant for a place on a team be required to fill out and affix his signature to a blank on which are questions covering all points essential to eligibility. These blanks do little good, of course, in the case of a man who will lie, but the fear of being caught will deter a few of the lying class. I have found by experience that there are three classes of liars: first, those who will tell a lie, but will not write it, sign it, nor swear to it; second, those who will tell a lie and will write it and sign it, but will not swear to it; third, those who will tell a lie, write it, sign it, and finally swear to it before a notary. The latter class is fortunately a very small one and confined for the most part, if not exclusively, to those who have played summer baseball where they have associated to a greater or lesser degree with semi-professional baseball players. I have found it always well to require those who have played summer baseball to swear to their statements before a notary before allowing them to take part in intercollegiate sport. The faculty should give the athletic committee power to expel any man who makes a false statement concerning his eligibility.

There should be very strict supervision of summer baseball players at all times. No man after he enters college should be permitted to take part in summer baseball on any regularly organized baseball team that is a member of any league, even though he claims to have received no compensation for so doing. His playing on any team should be confined to his home team, which should be entirely an amateur team. I am informed that in the Western Conference a student cannot play on any summer team without first obtaining permission from an officer of the conference regularly appointed for the purpose. The question

of playing under an assumed name should receive attention, and any student so playing should be debarred, no matter what reason he may give for so doing.

The one-year rule is a most valuable one, and it should be adopted by all large institutions, while in most of the smaller institutions the spirit would be much improved by its adoption. This rule helps materially in eliminating the professional, and prevents in a large measure the giving of secret subsidies to secure players. This is a great evil in many localities and a ruinous practice—ruinous to athletics as well as to morals. It is strange that alumni cannot see that nothing is accomplished by the practice except ultimate ruin. Where this is done the teams have little or no continuity and their seasons are rarely successful. I have found that the motive behind the practice is not loyalty to the college, as is claimed by the guilty alumni, but it is usually the desire to win money on the games. This is an evil which must be constantly fought, and over which, I am sorry to say, college authorities have little control. The public conscience must be appealed to, and the alumni must be given to understand that by gambling on the teams they do them and athletics a positive injury. We can prevent gambling on the part of members of the team by removing from it any member who bets on the games. The athlete should be required to observe this prohibition just as he is required to observe the training rules.

Experience teaches us that the most satisfactory and efficient method of determining the eligibility of players is by having them passed on by some official of the association who is not connected with the institution with which the athletes in question are connected. The athletes should be required to fill out and sign eligibility papers, such as those previously referred to, answering searching inquiries which will bring out fully the athletic history of each man and which will emphasize the rules on which eligibility is based.

The colleges should be grouped, and there should be an examining officer for each group, to whom the eligibility papers of the colleges in his group should be sent. The eligibility papers of the colleges of the examining officers should be examined and passed on by a division examiner. By this method the committee on athletics at each institution is relieved of the trouble and responsibility of passing finally on the eligibility of its own players, and relieved also of the odium that may result if some favorite athlete is ruled ineligible. However, the faculty committee should thoroughly examine into the eligibility of each player and give full information to the examining officer so that he may reach a just decision in each case. This method tends to give confidence in the purity of athletics at each institution, and

it enables the examining officers to pick up and to investigate rumors about athletes which would never reach the faculty committee. This is the most efficacious way to run down a spurious amateur. While this method is by no means perfect, it is certainly good, and should be welcomed as a great improvement on a wholly internal management which is so frequently the source of friction between the students and faculty, and occasionally between members of the faculty themselves.

Much more might be said on this important subject, but time will not permit me to go into further detail. In closing, I wish to impress upon you the fact that what I have outlined is not theory, but practice which has been thoroughly and successfully in operation for quite a number of years.

## II. ATHLETIC TRAINING.

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At this time, when American genius and enthusiasm have placed athletic training on a high plane of efficiency, and foreign nations are showing a desire to emulate our methods, it may be profitable for us to review briefly the history of the subject.

In Plummer's *Athletics and Games of the Ancient Greeks*, we find a description of organized agonistic sports as depicted in Homer's *Iliad*. The poet refers frequently to foot-races, chariot races, and contests in boxing, wrestling, and throwing the discus, spear, and javelin. Public games were held on special occasions, such as the death of a hero, or the arrival of a distinguished guest, and prizes were offered in the various events. We are not told what the prizes consisted of in this period except in one instance, when Oinomaos is said to have offered to her suitors his daughter, Hippodamia, as a prize for the victory in a chariot race.

There are many points of similarity with modern athletic contests in the account of the games held in honor of Patroklos, the friend of Achilles, whom Hector slew in battle. In the chariot race we are told that: "Through skill and cunning Antilochos quickly overtook Menelaos, left him behind, and won the race, although his horses were much inferior to those of the latter."

In the boxing match, the well-known champion, Epeios, boldly claimed the first prize, and in order to deter any one from contesting this claim, gave voice to the following: "I will utterly bruise mine adversary's flesh and break his bones; so let his



friends abide here to bear him forth when vanquished by my hands." Euryalos accepted the challenge and evidently put up a good fight, for the struggle was violent, but finally Epeios smote the other on the cheek, and Euryalos collapsed. This is, perhaps, the oldest account of a knockout in a boxing match.

The wrestling watch between Odysseus and Aias presents many features characteristic of present day wrestling bouts. After they had girt themselves they went into the midst of the ring. Here they stood locked in each others' arms, like two gable rafters joined by a builder. Their backs gripped with such force that they creaked; the sweat ran down their bodies in streams; blood colored welts appeared on their sides and shoulders. Thus they struggled with the advantage on neither side until the spectators began to grow weary. At last when Aias had lifted Odysseus off his feet, the latter, mindful of his wiles, smote the former in the hollow of his knee, and Aias fell backward, and Odysseus fell upon his chest. But victory was not bought with one throw. So they rose again and locked. After Odysseus had tried in vain to lift Aias off the ground, the two fell together in the dust. They rose and would have wrestled the third time had not Achilles restrained them by declaring the contest a draw.

There were contests also in swimming, and javelin-throwing. It appears that ancient Greek athletes specialized in the sports in which they had most ability, but there were individuals like Odysseus who possessed all-round athletic ability. While visiting among the Phæacians he was challenged to compete against the best Phæacian athletes. He picked up a large discus and threw it "past all the marks," thus establishing a new record according to our modern customs. Then Odysseus challenged the Phæacians to match his throw or to compete with him in boxing, wrestling, or the foot race.

Passing now to historic times, we find the Olympic, Pythian, Nemean, and Isthmian games. Of these, the Olympic games were the greatest. They were celebrated every four years, from about 776 B. C. to the end of Greek history. It is in connection with these games that we have the oldest account of systematic training for athletic contests.

Thirty days before the festival, candidates for the various contests presented themselves before the judges for examination. In order that the name of a candidate could be considered, he must prove himself to be of pure Hellenic stock, and must give evidence of having practiced in a gymnasium for ten months previously; finally, the candidate must practice for thirty days in the great gymnasium of Elis, under the supervision of the judges. The names of those who were able to satisfy the judges were placed on a white board which was exposed to view at Olympia.

The training methods were severe. In their practice and in the

contests the athletes were naked. They were rubbed with oil and sand before their exercise, and shampooed and bathed after it. Their dietary, sleep, and hours of exercise were carefully regulated.

The boxing in this period was particularly rough. The boxers wore the *cæstus*, a heavy thong of dry leather, wound around the palm of the hand and loaded with lead. Broken teeth and "fighters' ears" were common among the boxers of those days. The disfigurements of the contestants were the subject of jests by the comic writers. One of them wrote: "After twenty years, Ulysses was recognized from his appearance, returning to his home, by his dog, Argos. But thou, Stratophon, after boxing for four hours, hast been so altered, that neither dogs nor any person in the town could possibly recognize thee. And if thou lookest at thy face in a mirror, thou thyself wilt swear that thou art not Stratophon."

In the dialogue of Lucian entitled *Anacharsis and Solon*, translated by Dr. Lowrey, Solon describes the purpose and the methods of Greek physical training. Among other things, he says: "We strip them of their clothing; we consider that the first step is to accustom them to the air, to render their bodies inured to each season. After this, we devise various kinds of gymnastic exercises and place directors over each. We teach one to box and another the pancratic contest. In this way their bodies are hardened to suffering and by constant toil become more robust. Furthermore, they present no superfluous fat and white spots, no lack of flesh accompanied by paleness, like the bodies of women. Our young men are tinged a dusky red by the sun, are masculine, have much spirit, show great zeal and manly courage, and furthermore enjoy such excellent health. They are not coarse, though tanned, nor are they above weight, but are circumscribed with symmetry.

"We train our young men to run also; we accustom them to endurance in a long race and encourage them to make a short distance in the quickest possible time. The course is not formed upon firm ground that will resist, but in deep sand, where it is easy neither to step with firmness nor lean forward, and where the foot is burdened with the yielding path. In addition to this we exercise them in leaping ditches, if thought necessary, or any other impediments, even with their hands filled with leaden weights."

That the Greeks recognized the danger of participation in athletics by weak and unsound young men is indicated by Solon's last statement to Anacharsis. He says: "If, to begin with, a person without training be without sinew, and possess no enduring substance in store; then, truly, under hardships he may be injured and may pine away."

The Olympic games were kept up for more than a thousand years until the end of the fourth century A. D., when the influence of luxurious and sedentary life and the introduction of commercialized professional athletics resulted in the abandonment of purely amateur athletics.

During a period of nearly fifteen centuries organized athletics had no place in the education or the recreations of any race or nation. The play instinct of youth and the fighting spirit of young manhood found expression in the simple games and unorganized sports of the common people, and the knightly exercises of the dominant classes.

The second quarter of the last century witnessed a revival of organized amateur sport in England. The causes that brought this revival about are not definitely known, but one plausible influence is suggested by Frederick Gale in his book, *Modern English Sports*. He believes that the boys in the English public schools became interested in athletics through the study of the classics. He says in part: "Classical scholars must know that the most of our sports came originally from the Greeks and from the Romans, or at any rate very many of them do. It lightened the drudgery of the schoolboy who was sufficiently advanced to understand his Homer, and his Virgil and Horace, to acquire a knowledge of the ancient sports. . . . The fight between Dares and Entellus, graphically described in the fifth Aeneid of Virgil, was read with much gusto, and compared with newspaper accounts of modern fights; and so it was with all other sporting subjects related by the old classical writers—boys took kindly to them. An ill-natured master sometimes would give a half sneer at a broad-shouldered, manly boy, who was giving a free and spirited translation of the fifth Aeneid, which contains the full account of the Trojan sports, and would say to him, 'I wish you would take as much trouble with your Plato and Xenophon as you do with these sports.'"

Inasmuch as the initiative for the development of English sports came chiefly from the boys in the public schools, it is probable that they gained some knowledge of and enthusiasm for manly sports from their study of the classics.

Cricket was probably the first sport introduced in English colleges. In 1829, the first rowing races took place between Oxford and Cambridge, and between Eton and Westminster. Football was taken up by the boys at Rugby and Harrow about this time. The celebrated "Crick Run" was founded at Rugby in 1836; the annual steeplechase scurry and hurdle races at Eton in 1845; and the first athletic meet at Oxford in 1852.

Training methods were already in use during the early days. Bishop Wordsworth of St. Andrews, who got up the first Oxford and Cambridge crew race, and who himself pulled in the Oxford

boat, describes training thus: "Very underdone meat, bread, and good sound beer or porter was considered the proper diet; and running a mile at top speed early in the morning was one of the things much relied on for training."

After 1850, athletics increased very rapidly in the schools and colleges of Great Britain. About the same time, athletics became popular with young men in the towns and cities of England and some of the best performers took up athletics as a means of livelihood.

The methods of training adopted by the professional were very severe. The main object was to reduce weight as much as possible by the use of purgatives and strenuous exercise, and abstinence from liquids, sugars, and fats. Their diet was limited practically to beef, mutton, eggs, stale bread, and ale. They took from three to four hours a day of hard exercise and slept only six or seven hours.

The training methods employed by amateurs were less strenuous. H. F. Wilkinson in *Modern Athletics*, published in London in 1868, summarizes the training methods of amateurs by saying that they should lead a life of "temperance, soberness, and chastity." He condemns the practice of purging and the taking of violent exercise before breakfast, and he recommends a fairly liberal mixed diet including vegetables, fruits, puddings, salads, and fruit pies. He also advises a pint of dry champagne instead of ale, stout, sherry, or port used by the professionals.

Systematic training for organized athletic contests was first introduced in the United States in connection with rowing, about the middle of the last century. The earliest methods of training were in a large measure those in vogue at the time in England.

*The Rower's Manual*, by J. D. R. Putnam, published in New York in 1858, contains a description of the training methods in use by racing crews of that day.

The oarsmen were kept together day and night. The quarters were located on the nearest high and dry spot to the water. All turned out of bed at seven o'clock, took a cold sponge bath or a plunge in the river, followed by a gentle run or a smart walk of half an hour.

Breakfast at eight consisted of oatmeal porridge, with a certain allowance of beef or mutton, a little bread, and a pint of beer or ale. Two hours after breakfast were spent in mild amusement, and at half past ten the men went out for a row of two hours. On getting out of the boat, all went out for a good run, followed by a dry rub, and dinner at one o'clock. This meal consisted of roast beef or mutton, one or two potatoes, bread *ad libitum*, and a pint of good beer or ale. Bread pudding was added occasionally.

After dinner the oarsmen read or went out for a gentle stroll



until five or six o'clock, when they had another row lasting one hour. At half past seven, a supper of oatmeal porridge and dry toast was eaten and the oarsmen retired at nine or ten o'clock.

In the selection of suitable candidates, the chief points considered were good health, strong arms, shoulders, back, and loins, moderately muscular legs, and sound lungs and heart. No mention is made of a medical examination, but the following observations were made: "The wind should be naturally good, and free from wheezing or a lingering cough; and the heart should be healthy and free from palpitation and excitement. This can only be ascertained by a trial and, indeed, that is the best mode of arriving at an opinion." The importance of doing away with all superfluous weight was recognized, as shown by the following statement: "Strength, muscle, nerve, and elasticity are the attributes to be sought after, and all weight beyond what is necessary to secure these had better be discarded."

Rowing was the first sport regularly organized in American colleges. The first intercollegiate race was rowed on Lake Winnepisaukee, N. H., in 1852, between crews from Harvard and Yale, and since that time races have been held nearly every year.

The training methods adopted by the college oarsmen were those in vogue in England and in American rowing clubs. These methods were so strenuous that the successful candidates were necessarily young men of exceptional strength and vigor. Mr. William Blaikie, the captain of the Harvard varsity crew of 1866, described to me the method he employed for selecting candidates for the varsity crew. He issued a call for candidates to which a majority of the students responded. He then started the entire squad on a ten-mile run on the road, led by the two best runners in the college. Those who finished within a certain number of minutes after the leaders were retained. The survivors of the first test were required to pull a fifty-pound weight one thousand times on a crude rowing machine in the gymnasium. The survivors of the second test were considered suitable material for the crew, and the captain proceeded to train them in rowing on the river.

The next step in the development of training methods was in connection with the introduction of track athletics in the United States during the early seventies. The trainers of track athletes of that time were mostly Englishmen who introduced English ideas and methods of training. Their chief aims in conditioning athletes were to eliminate all fat, because it was believed to interfere with "wind"; and they reduced weight as much as possible, for they believed that athletes with the least weight to carry had the best chance to win. The diet used to accomplish these objects consisted of lean meat, eggs, dry toast, and a small

quantity of tea without sugar. The total amount of food allowed the athletes was very small and water was withheld to such a point that the athletes suffered intensely from thirst. Under that severe *régime*, athletes looked drawn and haggard; they were thin and constipated; what success they achieved was probably gained not as a result of their training, but in spite of it.

Many queer methods of training were used, such as requiring runners to practice in loose sand or to wear lead soled shoes, with the idea that when they entered a race on a good cinder path with light running shoes, they would be able to run at a wonderful speed.

The period from the early seventies to about 1890 was characterized by a rapid development of college athletics. Rowing, baseball, track, and football increased in popular favor; coaches and trainers were employed for teams and crews and more attention was given to training methods. The efforts of the more intelligent trainers to improve on the crude English methods resulted in all sorts of experiments, particularly in training diets. As a reaction against the English idea of low rations, the theory of forced feeding was given a trial, but it was soon discovered that under this *régime* the athletes lost their desire for hard muscular work and were incapable of making strenuous effort in competition.

Another theory advocated a diet consisting chiefly of raw beef, with a view to increasing the energy and "animal spirits" of the athletes. Many experiments were made in which a certain article of food such as beef, eggs, milk, cheese, watercress, etc., was given in unlimited quantity because it was supposed to have some particular virtue in increasing athletic proficiency.

One of the most interesting training diets was that adopted by Norman Taylor, a famous athlete who ran ten miles in fifty-eight minutes when he was fifty years old. In preparation for this race, he trained for five months on a diet limited absolutely to bread, butter, apple pie, cheese, and tea.

An interesting incident illustrating the results of following exceptional notions in diet is related by James Lathrop, for many years coach and trainer of the Harvard track teams. A Harvard runner who lived during the first three months of training on an ordinary mixed diet ran the mile consistently under four minutes and twenty-four seconds. Three weeks before a dual meet he restricted his diet to meat and eggs only. He had read an English article on diet in training, and expected to further improve his running ability by adopting this diet, and made the change without consulting his trainer. In the contest at which he was expected to win easily and break the college record, he failed to get a place, his time being slower than four minutes and forty seconds. The trainer discovered the reason for the slump and

in a short time succeeded in restoring the athlete to his normal condition by putting him back on a simple mixed diet.

About the year 1890, most of the crude and radical methods of athletic training had been tried and discarded. Definite principles governing coaching, training, diet, etc., had been worked out by the most competent coaches and trainers. The four old major sports were increasing in popularity in the colleges, and reaching down into the secondary schools. The minor sports, basket ball, hockey, gymnastics, fencing, tennis, and lacrosse were added in succession to the list of intercollegiate sports. A similar extension and development of college athletics has continued up to the present; and other sports such as soccer football, wrestling, swimming, water polo, etc., have been added, but the training methods of ten or fifteen years ago have undergone very few changes.

The modern methods of athletic training in the colleges present three chief phases: coaching, medical supervision, and the training table.

### I. *Coaching.*

In the large colleges a coach is employed for each sport but in the medium size and small colleges one coach has charge of two, three, or more sports.

The ideal coach should have the following qualifications:

1. Irreproachable character. This is absolutely essential, because of the tremendous influence that a coach has over college students. Educators recognize that the moulding of the character of young men during the impressionable years of undergraduate life is the chief function of a college education. Educators admit further that character is developed mainly through the activities, play, and social relations of everyday life. It is, therefore, of the utmost importance that the college athletic coach be a man of high ideals and unquestionable character, who endeavors to make the sport of which he has charge a source of strength to the institution as a whole and a means of promoting those ends for which a college primarily exists. He must see to it that honorable conduct, fair play, and the students' obligations to the educational standards of the college be not sacrificed in the endeavor to gain athletic victories.

2. Leadership and enthusiasm. The coach must be a natural leader, capable of arousing enthusiasm and winning the respect, confidence, and support of the students.

3. Knowledge of technique and ability to impart his knowledge to others. The ability to teach football, baseball, running, or rowing is quite a different thing from the ability to perform well in these sports. There are many excellent performers, some good teachers, but very few who combine both qualities. Ability

to teach is absolutely essential for a good coach; ability to perform well is desirable, but not essential.

4. Keen powers of observation, and common sense, which implies ability to size up the latent qualities of candidates for teams. This is a rare, but exceedingly valuable qualification. The most successful coaches are known for their ability to discover promising candidates. The story is told of a famous coach who was sitting in a room looking through a window when a student passed by on the street. At a glance, the coach sized up the student as a promising oarsman and called to him to report for the crew. The student developed into an oarsman of exceptional ability.

5. Ability to correlate the condition of the men with the exigencies of practice. The coach must be able to bring the individual athlete to the highest degree of skill with the maximum of speed, strength, and endurance of which he is capable. This is extremely difficult to accomplish, because it requires the modification of coaching and training methods to fit the needs of each individual according to his temperament and peculiarities. In the long run, the coach most likely to succeed is the college man who takes up coaching as his life's work, because he is enthusiastically interested in athletics and possesses the necessary qualifications. In order to attract men properly qualified to enter the coaching profession, appointments should be made by the college authorities on the same basis as appointments in other branches of instruction. This policy is advocated by the National Collegiate Athletic Association, and is already the practice in a number of colleges.

Before leaving this topic a word should be said concerning the amateur graduate coach. Ever since the introduction of athletics in American colleges some institutions have advocated the plan of securing the services of their own alumni to coach the teams. The chief advantages claimed for this plan are more loyalty, a better amateur spirit, and greater efficiency than with paid professional coaches. From 1852 to about 1890, when athletics were not highly specialized as they are today, the graduate plan worked as well as, or better than, the plan of employing paid professionals, such as were available at that time. Since about 1890, the science of coaching has developed so rapidly that the expert professional coaches have taken the lead and achieved better results than amateur graduate coaches. When an experienced professional coach is employed he is given full charge and authority in the technique of coaching, but when a number of amateur graduate coaches return for a few days or weeks to coach a team there is likely to be a certain amount of confusion and the lack of a clear-cut, definite policy because of the different ideas of many coaches.



## II. Medical Supervision.

Prior to 1890, the training of college athletes was almost exclusively in the hands of coaches and trainers without medical training. Since that time, the importance of medical supervision for athletes has been recognized, and now practically every college has one or more physicians to look after the physical condition of students who participate in athletics. The duties and responsibility of these physicians vary in different institutions. In colleges where medical supervision is most completely organized it presents the following phases:

1. *Certification of athletes.* Every candidate for an athletic team must submit to a medical examination and obtain a certificate from the college physician before taking part in any athletic competition. The purpose of this rule is to prevent students of low vitality or having organic lesions from engaging in forms of exercise for which they are not fitted. A thorough examination of candidates for an athletic team includes the following:

- (1) History of diseases, accidents, and surgical operations.
- (2) Inspection of nutrition, development, defects, condition of skin, etc.
- (3) Pulse in horizontal and vertical positions. Rapidity, irregularity, intermittence, and wide differences between horizontal and vertical pulse are unfavorable signs.
- (4) Blood pressure in horizontal and vertical positions. Pressures below 100 and above 150 mm. of mercury and a lower pressure in the vertical than in the horizontal position are unfavorable signs.
- (5) Auscultation and percussion of the heart. Murmurs and excessive hypertrophy are unfavorable signs.
- (6) Pulse rate during the first four consecutive periods of fifteen seconds, immediately after the candidate has hopped a distance of one hundred feet as fast as possible. An increase of more than 100 per cent during the first quarter, and a failure to recover within twenty-five beats of normal during the fourth quarter, are unfavorable signs.
- (7) Chemical analysis and microscopical examination of the urine.

With the data obtained the experienced examiner is able to pass judgment on the candidate's qualifications for competitive athletics. The most vigorous individuals who are free from unfavorable symptoms are approved for all sports, while candidates with less vigor but free from organic lesions are approved only for the less strenuous sports. It is desirable to repeat these examinations each term.

2. *Treatment of injuries.* The physician treats injuries and cases of illness and decides when the student has recovered sufficiently to resume practice. The degree of responsibility and

authority allowed to the physician varies in different colleges. At Harvard, Cornell, and a few other colleges, the physician charged with the care of athletes has practically unlimited authority in all cases of injury or sickness.

3. *Supervision of training methods.* The physician coöperates with the coach and trainer in regulating the amount of work and rest, the diet, clothing, etc., of each athlete with a view to attaining the best results in health and athletic proficiency. Staleness, which is the *bête noire* of the athletic trainer, can be avoided altogether when physician, coach, and trainer coöperate. The physician is able to detect approaching staleness by an increase in the pulse, a wider variation between the pulse in the horizontal and vertical positions (particularly in the morning), falling blood pressure (especially in the vertical position), and failure to regain within twenty hours the weight lost at afternoon practice. These signs often appear several days before the familiar symptoms of restlessness, irritability, insomnia, loss of appetite, and worried, haggard expression are developed sufficiently to attract the trainer's attention.

Such matters as looking after the sanitary condition of the training quarters, and devising methods of caring for the athletes' uniforms (particularly the football uniforms), fall naturally to the medical member of the athletic staff.

## III. The Training Table.

The training table occupies a large place in the training of college teams. After the period of experiments and fads, from 1850 to about 1890, a fairly uniform and consistent dietary was adopted by the majority of trainers, and for about fifteen years a training table was maintained in nearly all the American colleges. It was considered necessary for football players, oarsmen, and track athletes, and some of the colleges provided a training table for baseball and basket ball teams. This period was characterized also by much extravagance, such as providing the training table diet free to all candidates on the squads of varsity teams, and purchasing quantities of high-priced, fancy, and out-of-season foods.

A reaction against the abuses of the training table started about 1905, when nine colleges belonging to the Western Conference, and the group of colleges belonging to the Mississippi Valley Conference, abolished the training table altogether. The consensus of opinion of the authorities in these colleges is that the results of conducting athletics without a training table have been entirely satisfactory.

In the East, the training table has been curtailed by shortening the season, limiting the number of athletes admitted to the training table, and giving it up altogether for baseball and minor teams.

Another reform which has been made in many colleges is to require all athletes admitted to the training table to pay for their board a sum equivalent to the average cost of table board in the college community. The sum paid by the student ranges from one-third to three-fourths of the actual cost of his board at the training table.

Much of the extravagance in purchasing high-priced, fancy, and out-of-season foods has been corrected.

There is essential agreement among the leading athletic trainers in their methods of regulating the diet. The amount of food required by an athlete in training is considerably more than that required by the same individual when not in training. This is in accordance with the physiological law that muscular activity is the most important factor in determining the amount of food oxidized by the body. In practice, athletes crave a quantity of food from two to five times that which would satisfy the average man leading a sedentary life. The enormous appetite of athletes leads many to overeat; this tendency must be guarded against by the trainer.

The list of foods considered desirable for athletes has been gradually enlarged as our knowledge of physiology and athletic training has increased. The foods found regularly in training diets include beef, mutton, chicken, eggs, potatoes, vegetables in season, cereals, bread, fruits in season, lettuce, watercress, celery, milk, and tea or coffee. Some of the trainers occasionally give oysters, pudding, ice cream, and ale.

With such a list of foods judiciously varied, properly prepared, and well served, there is very little danger of athletes finding the training monotonous.

The following menu represents a typical training diet:

<i>Breakfast.</i>	<i>Lunchcon.</i>	<i>Dinner.</i>
Fruit.	Cold meat.	Soup.
Cereal.	Baked potatoes.	Celery.
Eggs or chops.	Tomatoes or lettuce.	Roast.
Bread and butter.	Bread and butter.	One vegetable.
Glass of milk.	Tea, or glass of milk.	Lettuce or watercress.
		Bread and butter.
		Bread pudding.

It is a good plan to give something extra Saturday evening and Sunday, e.g., oysters and ice cream at dinner, and coffee at breakfast.

In general, it is well to avoid fried, rich, and highly spiced foods, condiments and pastry.

Water is the best beverage. Athletes in general should drink plenty of pure, cool water, but there is a tendency to drink too much at dinner. The intense thirst resulting from copious perspiration at afternoon practice should be quenched by drinking

half a glass of water every fifteen minutes between practice and dinner. Not more than two or three glasses should be drunk at dinner.

The old English custom of drinking ale while in training has been abandoned by many American trainers. The few trainers who allow ale at the training table usually limit its use to once or twice a week after a game or a time row, during the latter part of the training season. There is no evidence that athletes who drink ale achieve better results than those who abstain, and there are good reasons for not including any alcoholic beverage in the training diet of college athletes.

A good illustration of the successful application of modern scientific principles of training is found in the training of the International Y. M. C. A. College football team of 1912. This team went through a schedule of nine hard games without a player being injured or going stale. The training diet of this team cost exactly four dollars a week for each man. The only change made from the simple fare provided for the other students at \$3.50 a week is an increase in the allowance of butter. Athletes in training are accustomed to eat large quantities of meat to supply all the energy for the increased muscular work, but the eating of large amounts of protein throws an excess of work upon the already overworked kidneys, whereas butter furnishes the energy required without increasing unduly the work of the kidneys.

No alcoholic beverage is given to the Springfield football players, but they drink a cup of black coffee between the halves in every game. The successful conditioning of the players on this team is largely due to the absolute cooperation existing between the coach, physician, and trainer, for Dr. J. H. McCurdy fills all three positions.

Another very important factor in training is the mental state of the athletes. Trainers realize that athletes who are preparing for supreme efforts of strength, speed, skill, or endurance must be happy and contented in order to achieve the best results. Some of the devices resorted to by trainers for this purpose are the addition of some delicacy in the diet, some flowers on the table, music, an evening at the theater, one or more days' rest from practice, and a good deal of "jollying."

To summarize:

The successful training of athletes depends chiefly on the following factors:

1. Careful selection of candidates, who are physically sound and adapted to the sport for which they wish to train.
2. Systematic practice under a competent coach who recognizes that the chief value of college athletics is the physical, moral, and social development of the participants.



3. Wholesome, clean living, which implies good plain food, plenty of sleep, absolute cleanliness, and a cheerful, optimistic state of mind.

Rational athletic training constitutes an invaluable part of a college education. It is unfortunate that in most colleges the opportunity for such training is offered to a small proportion of the students enrolled. This association can render a large service to American education by urging the further extension of rational athletics, until provision is made for the proper training of all the students in American colleges.

### III. REPORT OF THE SECRETARY.

PROFESSOR FRANK W. NICOLSON, WESLEYAN UNIVERSITY.

Ten years ago the game of football as played in the American colleges was in a bad way. For many years the most popular of college sports, it still, to be sure, attracted its thousands of spectators, but even its enthusiastic supporters began to admit that it was losing its former thrills. Not infrequently it happened that the lovers of the sport left the field before the end of the game, wearied by the monotonous series of mass plays, varied only at long intervals by a brilliant end-run or a kick that brought the audience to their feet with old-time enthusiasm. Not only was the game deadly in its dreariness, but, what was of more importance, it was growing more deadly to the participants. The number of deaths and serious injuries, due to the massing of the attack on individuals in the line, especially tackles, was growing year by year, until in 1905 the climax seemed to be reached in the killing of several college men in one season. The discontent of college faculties with such conditions found expression in a National Football Conference, summoned by Chancellor MacCracken of the New York University, in December, 1905. The presidents and other representatives of seventy American colleges met at the Murray Hill Hotel, in this city, determined to abolish intercollegiate football, if they could not reform it. The conservative element won and the game was saved, but only by drastic measures. A rules committee of seven experts was appointed to revise the rules, with instructions to coöperate with the existing rules committee, if the latter agreed; if not, to work independently.

The rules of football had heretofore been in the hands of representatives of a few of the large institutions. In 1876 the first set of rules for the American game, as modified from the English Rugby, were drawn up by representatives of Columbia, Harvard, Princeton, and Yale, constituting the Intercollegiate Football Association. Yale declined to join the association at

that time, but participated in the formulation of a code of rules. Columbia resigned from the association in 1877, was readmitted in 1880, and resigned again in 1884. Yale joined in 1879, Wesleyan and the University of Pennsylvania in 1885. Harvard withdrew in 1885, was readmitted in 1886, and again withdrew in 1890, for several years thereafter maintaining a joint agreement with Yale, playing under the rules of the Intercollegiate Athletic Association. After several years of wrangling on eligibility rules, the University of Pennsylvania and Wesleyan withdrew from the association in 1893, and there was no longer an authoritative body to frame rules, Princeton and Yale only being left in the association. In 1894 the University Athletic Club of New York City, through a committee of its members, requested Harvard, Pennsylvania, Princeton, and Yale to select one representative each to form a rules committee to govern the game. Mr. Paul Dashiell of Johns Hopkins, later connected with the U. S. Naval Academy, was invited to join them on account of his expert knowledge of the game. This committee was broken up by athletic dissensions between Harvard and Yale, and for a time there were two committees making rules—one representing Harvard, Pennsylvania, and Cornell (which college had been invited to join them); and the other, Princeton and Yale. This chaotic condition was bad enough; but the situation was made worse by the demand of colleges in the Middle West and of the smaller colleges in the East for a more representative rules committee. The incipient rebellion of 1895, which was to break out again ten years later in more effective form, was allayed by the conciliatory attitude of the two rival committees, which, in the common peril, agreed to unite to save the game, and invited suggestions from all parts of the country. This committee of five, together with Mr. Dashiell and, after 1904, Mr. Stagg of the University of Chicago, constituted the court of last resort in football until the revolution of 1905, already referred to. Public opinion was undoubtedly strongly arrayed against the government of the old committee. They represented only the colleges by which they were appointed, and were not obliged to listen to suggestions from other colleges. It was generally understood that no change could be made in the rules without unanimous consent, and any important change which would affect the style of play of one or the other of these institutions was likely to be very carefully scrutinized by its representative before it was accepted. The demand was for a representative committee, less conservative, and more amenable to the sentiment of the colleges at large. Fortunately for the game the proposal of amalgamation made by the committee of the National Conference was accepted by the old committee, and from that day to this, while each retains its own organization, the two committees have worked together harmoniously,

so far as the public is informed, and have, after some experiments, evolved the present-day game—vastly more interesting than that of former years and with injuries reduced to a minimum.

But the work of the National Football Conference of 1905 did not stop here. There was other work to do besides reforming football. College athletics had got out of hand. Beginning in a small way, intercollegiate contests had gradually grown, unchecked by faculty control, until they had assumed undue importance in the educational world. The faculties seemed to have considered the sports of the students beneath their notice; the result of twenty-five years of rapid growth of athletics was that, in the public estimation, the faculties and their educational work now ceased to attract much attention in comparison with the flamboyant publicity of intercollegiate games. The tail was beginning to wag the dog. In the judgment of the Conference, the time was ripe for an organization of college officers, experts in the management of college athletics, professors and not professionals, to take in hand these abuses, to conserve the educational good of athletics, and to remove the evils—to do, in short, the work that the faculties had for so many years neglected. The Conference took steps to organize the Intercollegiate Athletic Association of America.

Among the many suggestions concerning football that were offered at the Conference, the most constructive came from the delegate from West Point, a captain in the United States Army. The athletic authorities of that institution had given careful consideration to the questions that were to come before the Conference, and their representative was in a position to submit a practical and sane program. For this reason, and because it seemed advisable that leadership in the new organization should be assumed, in the beginning at least, by a representative of the only national institution in the list of members, the West Point delegate was chosen president of the new association, and from that day to this, Captain, now Major, Palmer E. Pierce has held the office of president in this association. Apart from the considerations already adduced, the honor could not have been more worthily bestowed. A man of the highest ideals in sportsmanship, clear in his views and firm in carrying them out, withal a man of the nicest courtesy and tact, the best type of the American gentleman, Captain Pierce has been an ideal president. The success of the organization has been almost altogether due to his personality. Though duty has called him to distant lands, rendering his resignation from office necessary, his heart is still with the association, and he has enjoined upon me to express to you his regret at being absent from this meeting and his sincere best wishes for the future of the National Collegiate

Athletic Association. One may be allowed to express the hope that, inasmuch as foreign duty in the United States Army is not customarily of prolonged duration, there may be a time coming when once again we may have the pleasure of seeing Major, perhaps Colonel, Pierce in the presiding officer's chair.

It is fitting at this time, in view of the change in administration, to review the work of the past seven years and to point out the progress that has been made. From the point of view of membership, great and continuous gains may be reported. At the meeting for the organization of the Intercollegiate Athletic Association of America on December 29, 1906, the roll of members included thirty-nine colleges and universities, and they were, with the exception of the University of Pennsylvania, relatively small institutions. The number has grown to one hundred, and includes most of the large universities of the country. When the Football Conference was called in 1905, Chancellor MacCracken reports that he ascertained from a study of the list of colleges and universities in the United States that not more than 150 had enough students to provide a respectable football team. That two-thirds of that number now belong to the association shows the hold which it has gained throughout the country. True, Yale, Princeton, Cornell, and Annapolis, four of the institutions whose representatives comprised the old rules committee, still withhold their allegiance to the association. Pennsylvania has belonged from the beginning, Chicago joined the second year, and Harvard, the fourth. Surmising that the reason for remaining aloof might be found in the relationship of the association to the government of football and in the natural disinclination to surrender their position of primacy in rule making, the association as early as 1907 made overtures to these institutions to join us on the assurance that their representatives would have a permanent place on any football rules committees appointed by the association. The offer was, however, rejected, and of recent years no formal steps have been taken by the association to induce these universities to join us. The work of the association can be done without them; it can be done better, however, with them. Unfortunately, a few colleges still urge as a reason for not joining the association that all the large universities of the country do not belong and, I am sorry to say, one college that has belonged for three years has resigned this year, giving the same reason. One may perhaps be permitted, without being charged with interfering with other people's business, to express the hope that these four leading institutions, which have through their representatives played such an important part in conserving the American game of football, may yet see their way to join us in our effort to foster, on a proper basis, all forms of intercollegiate sport.

Growth in numbers, however, is not the only thing in which



we may take just pride. The association has accomplished much in the seven years of its existence. The good results of its efforts in reforming the rules of football have already been noted. The establishment of a permanent committee on the organization and control of football officials was suggested in the first set of instructions issued to our representatives on the Football Rules Committee, and there can be no doubt that the standing committee on officials, under the self-sacrificing and untiring supervision of Dr. Babbitt, has done much to improve certain conditions of the game. The committee is criticised occasionally for mistakes of administration, but its work is carried on under many difficulties, and it is deserving of much praise.

At the first convention, Professor Bevier introduced a resolution expressing the sense of the meeting that the number of intercollegiate games should be reduced, and that more attention should be paid to intracollegiate sports. The progress that has been made in these directions since that time, progress due in part at least undoubtedly to the lead given by this association, has been most encouraging. Speaking for New England, at least, I can say from personal observation that our athletic fields are today filled with college men actively engaged in series of games in all forms of sports, while ten years ago there were comparatively few men to be found there except varsity athletes and "rooters."

At the first convention Professor Hetherington introduced a resolution looking toward the standardization of basket ball rules in place of the diversity of codes at that time in existence. A letter from President Pierce to Mr. Harry A. Fisher, a member of the Intercollegiate Basket Ball Rules Committee, resulted in negotiations which led up to the absorption of that committee by the association, which now appoints its members. Uniformity of rules, and, more important still, proper responsibility have thus been secured.

At the third convention, in 1909, a committee of experts on track rules was appointed, which has published a revised set of rules, believed to contain the best elements of the various codes previously in existence. The committee has also taken an important step in arranging for the proper tabulation and preservation of track records in college meets.

Only one of the several resolutions offered at the first convention, pointing out directions in which the association might do effective work, has so far failed to achieve satisfactory results, and that is Professor Bartlett's call for the solution of the "summer ball" problem. That problem may be unsolvable, but the association proposes to keep working away on it. The present diversity of practice in this particular on the part of colleges, existing side by side and constantly engaged in athletic

rivalry, is a sad reflection on the government of college athletics. The extreme views of Brown and Dartmouth, for instance, as regards "summer ball," would seem to be irreconcilable, and, up to this time, no satisfactory compromise has been suggested; but the harder the problem, the more credit for its solution, and in this association, if anywhere, the solution ought to be found; for here are represented all the varying opinions of the whole country, not merely the local predilections of a single district. The summer ball problem is a standing challenge to the wisdom of this association. It must be solved if we are to justify our existence.

Thus far we have been considering administrative matters. The association is, however, primarily educational, not administrative. Its chief aim is to educate college youth in true sportsmanship. It has disclaimed any intention of binding its members to observe any hard and fast rules. The ideals of college sport are presented in the formal addresses of each session, which are given wide distribution in printed form throughout the country. The topics considered have covered a wide field, from the general discussion of athletics—their history, development, and proper place in a college curriculum—to such practical subjects as length of schedules and a proper system of training. In this connection, the formal debate at the third convention on amateur standing in a college baseball team should not be overlooked. There is a steady demand upon the secretary for the report of that discussion. The informal debate on the same topic at the evening session of last year is fresh in the minds of most of us—a most illuminating discussion, frank and full, without acrimony. The replies to the questionnaires submitted to the colleges for the past three years have afforded a valuable collection of facts, of great importance to colleges looking for guidance in the framing of an athletic policy. In brief, the educational work of this association gives it a fair claim to be ranked with the other scientific and professional "learned societies," so called, which meet during Christmas week of each year to study present-day educational problems in our colleges.

So much for the past. What of the future? The next president of the association is doubtless in this audience, though unknown in that capacity to all of us. It may be permissible for me, after five years of experience as an officer of the association, with some knowledge of Major Pierce's plans and hopes, to proffer some suggestions to this unknown individual, which I should not have the hardihood to offer to a president already seated in the chair of office.

Speaking first of some matters of detail, I call attention to our excellent financial standing. We have had a surplus each year, increasing gradually from \$100 to \$800 this year. A surplus is

an excellent thing to have, but, with all the work there is to be done, it is a pity to have money lying idle in the bank. Two courses of action are open. The annual fees might be reduced below \$25, which would probably result in a number of colleges joining the association that are now debarred on account of financial considerations; or the money might be expended in various forms of publicity and propaganda. The question of a publication to voice the views of the association was settled adversely last year, largely for financial reasons. If the surplus continues to increase, the question might again be discussed. Or the association could employ a traveling agent or lecturer to spread its views in different parts of the country, to organize and foster local athletic organizations—in a word, to embody before the college world the ideals of sportsmanship for which the association stands.

The administration of the affairs of the association in the interim between annual meetings would, in the writer's judgment, be much better carried on if a sub-committee of the executive committee were empowered to act along with the president of the association. Apart from the question of expense, it is difficult to get nine busy men from all parts of the country to come together for conference, at the sacrifice, in some cases, of two or three days' time. Only once in five years has there been a meeting of the executive committee, except at the time of the annual meeting. During the past six months I have felt on several occasions the almost imperative need of conference with the executive committee, but it appeared impossible to arrange for such a gathering, and the necessary advice could be secured, apart from correspondence, only through an informal conference in New York in October last with two or three members of the committee and such other representatives of colleges in or near New York as were good enough to attend. The conference was merely advisory and could take no legal steps. I would suggest the appointment of a sub-committee of three from the executive committee, preferably composed of men residing reasonably near the president, whom he could summon to conference at short notice, this sub-committee to have power of initiative, subject to ratification by the whole committee. The choice of the three men would depend on where the new president is located; but suitable men can be found in all parts of the country, and whether they represent the East or the West, the North or the South, they could safely be trusted with the interim administration of affairs.

The policy of encouraging the organization of local athletic leagues, or conferences, between colleges, and of advocating closer union between them and the national association, has been emphasized by Major Pierce every year in his presidential address. A number of such leagues existed before this organization was

formed, and others have since come into existence through the recommendations of the national association. A clause introduced into our constitution last year, granting representation in the meetings of our executive committee to such leagues as have in their membership a certain proportion of colleges belonging to this association, will undoubtedly bring the national and the local bodies into closer union. The number of colleges in the United States is so great and the interests of the several districts are so diverse that it would appear to be a self-evident proposition that proper oversight can better be maintained by a number of local leagues, unified in aim and method through the national association, than by the too ambitious efforts of one central body, which are in danger of failing through their very magnitude.

Besides the local leagues of colleges, there are other influential bodies which are striving for purity in athletics, and are endeavoring to foster the widespread participation in sports in which this association is interested. We are to have a report today from a committee appointed to consider possible affiliation with two such bodies. At the first meeting of this association a letter was read from Mr. J. E. Sullivan, president of the Amateur Athletic Union, urging an alliance between that organization and this, since they have so many aims in common. In the investigation of the desirability and feasibility of this and similar affiliations, the new president will find a fruitful field of labor.

Finally, the association should continue to live up to the ambitious title it adopted three years ago, the *National Collegiate Athletic Association*. It not infrequently happens that the proceedings of the local associations are marred by disputes and bickerings over questions of policy; some have been broken up as a result. This national association has been happily free, so far, from such distractions. The meetings have been conducted on a high plane of dignity and courtesy, as if the delegates felt it a waste of time to come so far merely to indulge in squabbles on minor points. The consciousness that national collegiate affairs are in discussion has tended to preserve a broad and liberal spirit, and has reduced the human tendency to clique and partisanship to a minimum. This spirit must be maintained if the association is to flourish. The task of the nominating committee to be appointed this morning is to find a man, experienced in handling college athletic problems, broad of view, not too radical in measures of reform, yet not unduly conservative, firm of will yet endued with tact—an exponent of the *fortiter in re* while yet not forgetful of the *suaviter in modo*—a man who will stand before the American college world as a champion and an embodiment of true manhood and true sportsmanship. Such a man, many such men, I confidently assert, are to be found in our gathering today.



## APPENDIX.

### CONSTITUTION AND BY-LAWS OF THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

#### ARTICLE I.

##### NAME.

The name of this Association shall be the NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

#### ARTICLE II.

##### OBJECT.

Its object shall be the regulation and supervision of college athletics throughout the United States, in order that the athletic activities in the colleges and universities of the United States may be maintained on an ethical plane in keeping with the dignity and high purpose of education.

#### ARTICLE III.

##### MEMBERSHIP.

SECTION 1. All colleges and universities in the United States are eligible to membership in this Association.

SEC. 2. Two or more colleges or universities may, with the consent of the executive committee, maintain a joint membership, and be represented by one delegate. This delegate shall be entitled to one vote only. It is desirable that application for joint membership be made to the president or secretary at least one month before the date of the annual convention.

SEC. 3. Any institution of learning in the United States, not included within the definition of the constitution as to active membership, may become an associate member of this Association. The delegate of an associate member shall have the same privileges as the delegate of an active member except that he shall not be entitled to vote.

#### ARTICLE IV.

##### ORGANIZATION AND OFFICERS.

SECTION 1. For the purposes of this Association and the election of the executive committee, the United States shall be divided into eight districts, as follows:

1. Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut.
2. New York, New Jersey, Pennsylvania, West Virginia.
3. Delaware, Maryland, District of Columbia, Virginia and North Carolina.
4. Kentucky, Tennessee, Mississippi, Louisiana, Georgia, Alabama, Florida, South Carolina.
5. Illinois, Ohio, Indiana, Michigan, Wisconsin, Minnesota, North Dakota.
6. Missouri, South Dakota, Kansas, Nebraska, Iowa.
7. Texas, Arizona, New Mexico, Oklahoma, Arkansas.
8. Montana, Wyoming, Idaho, Colorado, Utah, California, Oregon, Nevada, Washington.

SEC. 2. The officers of this Association shall be a president, a vice-president, a secretary, and a treasurer (these two offices may be held by the same person), and an executive committee, consisting of the president, the secretary, the treasurer, one member from each of the districts above mentioned, and one member from each local league or conference of colleges whose membership consists of at least six colleges, four or more of them being members of this Association. The member to represent the league shall be elected annually by the league and shall be a representative in the league of a college that belongs to this Association. One person may represent both a district and a local league on the executive committee.

#### ARTICLE V.

##### DUTIES OF OFFICERS.

SECTION 1. The president shall preside at the meetings of the Association and of the executive committee; shall issue a call for a meeting of the executive committee whenever necessary, and also have a meeting of the Association called when requested in writing by ten or more of the institutions enrolled as members.

SEC. 2. The vice-president shall perform the duties of the president in the absence of the latter.

SEC. 3. The secretary shall keep records of the meetings of the Association and of the executive committee. He shall report at each annual convention the actions of the executive committee

during the preceding year. He shall print such matter as the Association or the executive committee may determine.

SEC. 4. The treasurer shall have charge of all funds of the Association and shall submit at the annual convention a detailed report of all receipts and expenditures.

## ARTICLE VI.

### MEETINGS.

SECTION 1. There shall be an annual convention of this Association during the last week of December at such time and place as the executive committee may determine.

SEC. 2. Special meetings of the Association may be called at any time as provided in Article V., Section 1.

SEC. 3. Two or more colleges or universities may be represented by one delegate. This delegate shall be entitled to one vote only, except on questions or motions from which he has definite, written instructions from the proper authorities of the institutions represented. In the latter case he shall be entitled to as many votes as he has written instructions, provided the said delegate votes for each institution as instructed on the matter at issue.

SEC. 4. Twenty-five colleges, represented as above, shall constitute a quorum for the transaction of business.

## ARTICLE VII.

### ELECTION OF OFFICERS.

SECTION 1. All officers shall be elected by ballot at the annual convention, and shall continue in office until their successors are chosen.

SEC. 2. A vacancy in any office occurring between the meetings of the Association shall be filled by the executive committee.

## ARTICLE VIII.

### CONTROL OF ATHLETICS.

SECTION 1. The colleges and universities enrolled in this Association severally agree to take control of student athletic sports, as far as may be necessary, to maintain in them a high standard of personal honor, eligibility, and fair play, and to remedy whatever abuses may exist.

SEC. 2. The colleges and universities enrolled in this Association are bound by the provisions of its constitution and by-laws.

But legislation enacted at a conference of delegates shall not be binding upon any institution if the proper athletic authority of said institution makes formal objection to the same. Such formal objection shall be filed in writing with the executive committee.

## ARTICLE IX.

### AMENDMENTS.

This constitution may be amended at any annual convention by a three-fourths vote of the delegates present and voting, provided that the proposed amendment shall have been submitted in writing to the secretary of the Association at least three weeks before the convention meets, and provided that a copy of the proposed amendment shall have been duly sent to each college and university enrolled in the Association.

## BY-LAWS.

## ARTICLE I.

### ORDER OF BUSINESS.

At meetings of this Association the order of business shall be as follows:

1. The appointment of a committee on credentials.
2. The report of the committee on credentials.
3. The reading of the minutes of the previous meeting.
4. The appointment of a committee on nominations.
5. Reports of officers and committees.
6. Miscellaneous business.
7. Election of officers and committees.
8. Adjournment.

## ARTICLE II.

### ANNUAL DUES.

Each college or university that is a member of this Association shall pay twenty-five dollars annually to defray the necessary expenses of officers, committees, and of administration.

Each institution of learning that is an associate member of this Association shall pay ten dollars annually to assist in defraying the necessary expenses.



## ARTICLE III.

## FUNCTIONS OF THE EXECUTIVE COMMITTEE.

SECTION 1. The executive committee shall be the executive body largely entrusted with the duty of carrying on the work of the Association. Three of its members must be present to constitute a quorum. Other members may be represented by written or personal proxies, provided the absent member has given definite instructions as to the action of his representative or proxy.

SEC. 2. The executive committee is empowered to transact such of the business of the Association as it may deem wise, by correspondence—such action, however, to be noted by the secretary in his minutes and laid before the committee at its next meeting.

## ARTICLE IV.

## MEETINGS OF THE EXECUTIVE COMMITTEE.

SECTION 1. A meeting of the executive committee shall be held prior to the annual convention for the purpose of considering the work to be done by the Association at said convention, and questions of importance which any institution desires to suggest for the action of the whole body should be previously laid before this committee in order that it may report upon them.

SEC. 2. The president may call meetings of the executive committee at any time, and shall call a meeting on the written request of any three members.

## ARTICLE V.

## RULES COMMITTEES.

SECTION 1. The Association at its annual convention shall choose committees to draw up rules for the playing of the games of football and basket ball during the succeeding season, and these committees shall report the same to the executive committee for promulgation.

SEC. 2. Nominations for these committees shall be submitted at the annual convention by the executive committee. Other nominations may be made from the floor.

SEC. 3. The rules committees shall make a report to the annual convention on the rules of play adopted, and their practical working during the preceding season.

## ARTICLE VI.

## PRINCIPLES OF AMATEUR SPORT.

Each institution which is a member of this Association agrees to enact and enforce such measures as may be necessary to prevent violations of the principles of amateur sports such as

a. Proselyting:

(1) The offering of inducements to players to enter colleges or universities because of their athletic abilities and of supporting or maintaining players while students on account of their athletic abilities, either by athletic organizations, individual alumni, or otherwise, directly or indirectly.

(2) The singling out of prominent athletic students of preparatory schools and endeavoring to influence them to enter a particular college or university.

b. The playing of those ineligible as amateurs.

c. The playing of those who are not *bona fide* students in good and regular standing.

d. Improper and unsportsmanlike conduct of any sort whatsoever, either on the part of the contestants, the coaches, their assistants, or the student body.

## ARTICLE VII.

## ELIGIBILITY RULES.

The acceptance of a definite statement of eligibility rules shall not be a requirement of membership in this Association. The constituted authorities of each institution shall decide on methods of preventing the violation of the principles laid down in Article VI.

The following rules, which may be made more stringent where local conditions permit, or where associations of colleges and universities have taken, or may take, concerted action, are suggested as a minimum:

1. No student shall represent a college or university in any intercollegiate game or contest, who is not taking a full schedule of work as prescribed in the catalogue of the institution.

2. No student shall represent a college or university in any intercollegiate game or contest who has at any time received, either directly or indirectly, money, or any other consideration, to play on any team, or for his athletic services as a college trainer, athletic or gymnasium instructor, or who has competed for a money prize or portion of gate money in any contest, or who has competed for any prize against a professional.

In applying this rule the constituted authorities shall discriminate between the deliberate use of athletic skill as a means to



a livelihood, and technical, unintentional, or youthful infractions of the rules.

3. No student shall represent a college or university in any intercollegiate game or contest who is paid or receives, directly or indirectly, any money, or financial concession, or emolument as past or present compensation for, or as prior consideration or inducement to play in, or enter any athletic contest, whether the said remuneration be received from, or paid by, or at the instance of any organization, committee or faculty of such college or university, or any individual whatever.

This rule shall be so construed as to disqualify a student who receives from any source whatever gain, or emolument, or position of profit, direct or indirect, in order to render it possible for him to participate in college or university athletics.

In case of training table expenses, no organization or individual shall be permitted to pay for the board of a player at said table more than the excess over and above the regular board of such player.

4. No student shall represent a college or university in any intercollegiate game or contest who has participated in intercollegiate games or contests during four previous years.

5. No student who has been registered as a member of any other college or university shall participate in any intercollegiate game or contest until he shall have been a student of the institution which he represents at least one college year.

6. Any football player who has participated in any intercollegiate football contest in any college or university and leaves without having been in attendance two-thirds of the college year in which he played shall not be allowed to play as a member of the team during the next year's attendance at the same institution.

7. Candidates for positions on athletic teams shall be required to fill out cards, which shall be placed on file, giving a full statement of their previous athletic records as follows:

#### ELIGIBILITY CARD.

Name of college or university.

Date.

Name of player or contestant.

Age of player or contestant.

Weight of player or contestant.

Branch of sport or contest.

#### QUESTIONS.

1. On what date this session did you register?
2. Have you ever at any time competed for a money prize, or against a professional for any kind of prize?

3. Have you ever received money or any other compensation or concession for your athletic services, directly or indirectly, either as a player or in any other capacity?

4. How many hours of recitations and lectures are you attending per week? How many hours of practical work?

5. How long have you been a student at

(name of your institution)?

6. Did you receive any inducement or concession to attend

(name of your institution)?

7. Have you ever participated in intercollegiate contests as a member of a

(name of your institution) team? If so, state what team or teams, and when.

8. Have you ever taken part in any intercollegiate contest as a member of the team of any college or university other than (name of your institution)? If so, state what institution you represented, on what team or teams, and when.

9. Have you won an initial at any institution? (In your answer give the date and place.)

10. If on a team in any other institution, what position did you fill?

11. Have you ever taken part, as a member of any athletic club team, in any baseball or football game or games, or any track event?

12. Have you ever played baseball on a summer team? If so, what team or teams and when? Have you ever received for such playing any compensation or emolument?

13. Do you hold a scholarship of any kind? If so, how and by whom awarded?

14. Do you hold any official position in your college? If so, at what salary and for how long have you held it?

15. Are you under any contract or understanding expressed or implied to engage in athletics at

(name of your institution) for money or any other consideration or emolument to be received from any source whatever, either directly or indirectly?

On my honor as a gentleman I state that the above answers contain the whole truth, without any mental reservation.

(Date.)

(Signature.)

#### ARTICLE VIII.

##### REPORTS FROM DISTRICTS.

At the annual convention of the Association each district through its official representative shall render a report on athletic conditions and progress within the district during the year. This report shall cover the following points:



1. The degree of strictness with which the principles of the constitution and by-laws and the existing eligibility rules have been enforced.

2. Modifications of, or additions to, the eligibility code made by institutions individually or concertedly.

3. Progress towards uniformity in the union of athletic interests within the district through the formation of leagues or other associations, and movements toward further reform.

4. Any other facts that may be of interest to the Association.

#### ARTICLE IX.

##### AMENDMENTS.

These by-laws may be amended by a majority vote of the delegates present and voting at any annual convention of this Association, provided that notice of the proposed amendments shall have been sent at least three weeks before the date of the meeting to the institutions enrolled.